

Physical therapy is an effective — and cost-saving* — treatment option for:

- Arthritis.
- Carpal tunnel syndrome.
- Low back pain.
- Incontinence.
- And more.

Get the care you deserve.

Based on "The Economic Value of Physical Therapy in the United States," an APTA report.

ChoosePT™

Provided by  APTA

Physical therapists can have a significant positive effect on people's lives. They help people achieve fitness goals, regain or maintain their independence, and lead active lives. They practice in a wide range of settings, from homes, to schools, to hospitals, to outpatient clinics. Helping patients regain their function and decrease their pain to improve their quality of life, be it personal or occupational, is the prime goal of a physical therapist.

Visit ChoosePT.com, the American Physical Therapist Association's (APTA) official consumer information website, to learn more about the benefits of physical therapy.

Every October we, at ASU and across the country, celebrate National Physical Therapy Month to raise awareness about how many benefits physical therapy can provide. It's a great opportunity to appreciate and learn about what PTs, PTAs, and student physical therapists do to transform lives.

Each year has a different theme for National Physical Therapy Month! The theme of 2023 was the "Value of PT." The value of physical therapy goes beyond the costs and savings of physical therapy to highlight how physical therapy improves quality of life. The cost data component will be highlighted in "The Economic Value of Physical Therapy in the United States," which is an evidence-based report by APTA that will be published soon. Below are graphics from the APTA that illustrate the benefits of participating in physical therapy for various common conditions.



Research confirms that choosing physical therapy for

tennis elbow

outperforms alternative options, including all the hidden costs of your time, pain, missed life events; and the dollars paid for services.

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Research confirms that choosing physical therapy for

acute low back pain

outperforms usual care, including all the hidden costs of your time, pain, missed life events; and the dollars paid for services.

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Research confirms that choosing physical therapy for

osteoarthritis of the knee

outperforms steroid injections, including all the hidden costs of your time, pain, missed life events; and the dollars paid for services.

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Research confirms
that choosing physical
therapy can help to

prevent falls

and saves on all the hidden costs
of your time, pain, missed life
events; and the dollars paid for
services for a fall-related injury.

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