

# PHYSICAL THERAPY FOR PAIN MANAGEMENT

## WHAT YOU SHOULD KNOW

**PHYSICAL THERAPY** helps you manage pain by combining exercise, hands-on therapy, education, and personalized care so that you can get back to your life.

Your physical therapy plan to treat chronic pain could include:

- Exercises specific to your goals and needs
- Hands-on treatments to help reduce your pain
- Education about your pain and activities you can do to help manage it
- Active participation in your own recovery

**A recent study found that exercise therapy for adults with lower-back pain decreased pain, improved function, and helped them return to their lives.**

*Source: Centers for Disease Control and Prevention*

## UNDERSTANDING PHYSICAL THERAPY AND WHAT IT CAN DO FOR YOU

### Benefits

- Hands-on approach that targets the muscles that are affected
- Includes movements that keep you from losing function
- Has relatively few side effects, aside from some muscle soreness

### Keys to Success

- Set realistic goals for your pain relief
- Realize that treatment takes time to have an effect
- Practice at-home exercises given to you by your physical therapist
- Remain as active as possible
- Combine with other therapies for best results

## HOW TO FIND A LICENSED PHYSICAL THERAPIST

You will most likely receive a referral from your health care provider for physical therapy. Search online or ask your provider for a list of physical therapists near you.

### Physical therapists:

- Should be licensed, signifying that the person is an accredited practitioner
- Can be searched for license verification using the Delaware Division of Professional Regulation's online license verification service at [dpr.delaware.gov](http://dpr.delaware.gov)
- Have credentials MPT, MSPT, or DPT after their name, signifying a master's degree in physical therapy



**Talk with your health care provider to be sure this type of therapy is right for you. For more information, visit [HelpsHereDE.com](http://HelpsHereDE.com).**

**HELP**  
*is here.*  
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