

## GSC THERAPY SERVICES INFORMATIC

Skilled Therapy versus YouTube, Google, personal training, friends, neighbors and other non-medical resources...

Due to the high cost of healthcare and the busy lives that we lead, if physical therapy is prescribed for a soft tissue or post-surgical condition, many people seek resources other than skilled physical or occupational therapy. Physicians will recommend skilled therapy because they TRUST that the therapist who has 6-8 years of specialized training will be able to evaluate and treat the specific condition with proficiency.



Therapists have specialized evaluation skills that include orthopedic, neurological, sensory motor and health conditions such as diabetes. Therapists can treat age ranges from infants to seniors. Therapists utilize specialized manual therapy skills to facilitate or inhibit muscle and nerve functions, modalities to alleviate pain, inflammation and swelling such as dry needling, ultrasound, cupping and electrical modalities.

While YouTube, Google and resources that are not highly trained therapists can be readily available, without a thorough evaluation of the presenting clinical condition as well as influencing factors, treatment can be ineffective at best and dangerous at worst.



Therapists can provide clinically appropriate exercises as well as education about the proper mechanics for completion. Recovering from an injury requires a different formula for exercise performance versus the way a personal trainer would provide exercises for strength or conditioning.

When your physician recommends an evaluation by a licensed therapist, please listen! The expectation is that you will get better and if therapy does not fully resolve your symptoms, then your physician can continue along the pathway with options for resolution of your condition. YouTube and Google are great resources but they do not replace the training and critical thinking that a licensed, skilled therapist can provide.



FEEL BETTER. BE HEALTHY. LIVE LIFE.



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