



Contact: Lucinda Kay
IT'S YOUR MOVE PR
Lucinda@lucindakay.com
O/509-325-3623 ★ C/509-280-6237
www.itsyourmove.com

CELEBRATE PAIN FREE LIVING OCTOBER IS NATIONAL PHYSICAL THERAPY MONTH

For immediate release:

Did You Know?

Physical Therapy Can Often Bring Relief For...

- ▶ 31 million Americans experiencing back pain
- ▶ 250,000 Americans living with some form of muscular dystrophy
- ▶ 200 million people worldwide affected by urinary incontinence

HOW DOES A PHYSICAL THERAPIST HELP?

- Get you moving
- Eliminate neck or back pain
- Treat children with cerebral palsy
- Help you recover from a stroke or an amputation
- Develop fitness plans for adults and children that promote movement, reduce pain, restore function and prevent disability
- Prescribe safe exercise to protect the joints

WHAT IS NATIONAL PHYSICAL THERAPY MONTH?

- Celebrates the health and well being of your most valuable possession: your body
- An opportunity for It's Your Move physical therapists to generate awareness and education in their own neighborhoods
- Started in 1981 as National Physical Therapy Week
- 1992, became National Physical Therapy Month

Say Thank You this month to your physical therapist. During the month of October, the nation is celebrating the work of physical therapists. It's Your Move physical therapists say, *"this is our chance to remind folks we have a calling to serve our neighbors, partner with medical teams to bring healing, and get our patients moving again!."*

Your single most valuable possession is your body. The ability to move safely and effectively is crucial in your life. It's Your Move physical therapist, Debbie Peterson says, *"we empower people with treatment, education and coaching to move forward and take **control** of their own body."*

Remember, it's your legal right to choose your own physical therapist. Choose physical therapy for health and fitness. Choose the therapist that's best for your family. Visit www.itsyourmove.com.

Call Lucinda Kay for conversational interviews and lively demonstrations with Physical Therapists in your neighborhood:
509-325-3623 or Lucinda@lucindakay.com