



Physical Therapy Promotes Healthy Living

October is National Physical Therapy Month, but the positive effects of physical therapy can be seen year round.

Many may not realize that physical therapy serves people across a diverse and deep spectrum. Physical therapy treats a vast array of conditions including, but not limited to: back and neck pain, vertigo, fibromyalgia, sports injuries, motor vehicle accidents, deconditioning and weakness, muscle spasms, and work injuries.

Physical therapy isn't always about rehabilitation. It also helps individuals maintain a healthy lifestyle. Whether it be a treatment plan for fall prevention, balance improvement or pain management, physical therapy can help people keep doing the things they love.

At Lakewood Physical Therapy, the patients' health, healing and well-being is at the top of our priority list. We believe patients should not only have a say in their care, but be a partner in their treatment plan.

If you feel as though physical therapy would benefit you, feel free to call us today at (208) 676-1424 in Coeur d' Alene, or (208) 772-6991 in Hayden.