

Physical Therapy

The treatment consisting of exercising specific parts of the body such as the legs, arms, hands or neck, in an effort to strengthen, regain range of motion, relearn movement and/or rehabilitate the musculoskeletal system to improve function.

Article

Adaptive Sports: Staying Active While Living With A Disability

Staying active while living with disabilities is important for your health. Physical activity can help you strengthen your heart, muscles, and bones and improve coordination. It also can help you feel better about yourself. There are many adaptive sports and recreation programs that can be enjoyed for health, wellness, leisure, social, and competition benefits.

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Sheltering Arms Physical Rehabilitation and Therapy

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American Physical Therapist Association (APTA)

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