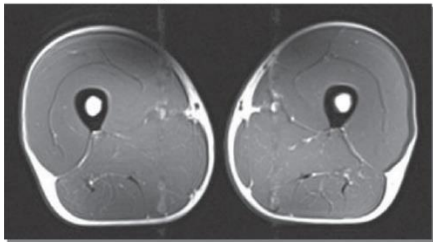


The importance of physical therapy and exercise:

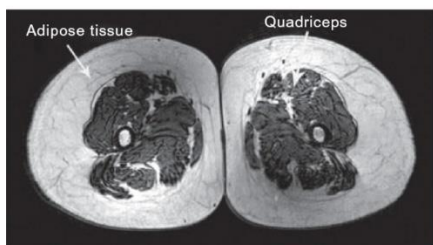
Exercise is an essential component to maintaining or achieving optimal movement and performance. Exercise is especially important during both short-term and long-term injury. A common misconception is rest will eventually cure an injury; however, in most cases, sedentary or inactive people have worse outcomes. "Relative rest," where you can exercise damaged tissue while maintaining muscle in other extremities is essential to success. The frustrating and confusing part of exercising during an injury is finding the correct dosage based on a patient's age, injury, and goals. Physical therapists can help assist you on what movements are appropriate, what exercises to avoid, and assisting to create a timeline for intended goals.

The pros to exercising vastly outweigh the cons. Off-season conditioning programs can improve skill and prevent injury. Even a few minutes of exercise a day can reduce aged-related changes such as sarcopenia (generalize muscle loss), osteoporosis (loss of bone density), risk of falls and the effects of arthritis. Although searching for "best exercise for back pain" online is convenient. These often are done too early in the process or done incorrectly. When it comes to pain or if you are new to exercise, please see a trained professional. Early physical therapy has been linked to lower healthcare costs, less physical therapy visits, and improved patient satisfaction.

40-year-old triathlete



74-year-old sedentary man



70-year-old triathlete

