



## Physical Therapy

Intermountain Healthcare's physical therapists (PTs) provide help to all people, regardless of their injury or health condition, and help them find ways to return to activity and live their healthiest lives possible.

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Physical Therapist

## **Your PT is trained to help you with:**

- Improving walking and balance
- Teaching you to use an assistive device
- Learning how to safely use a brace
- Improving your mobility
- Improving your strength
- Improving range of motion in stiff joints
- Teaching you to move safely with an injury
- Returning to normal function
- Reducing pain and swelling
- Preventing disability
- Training your caregivers