

Physical therapy (what to expect)

What it is

A physical therapist teaches you exercises to help you move better and feel stronger. Therapy is often one of the first steps for back, neck and joint pain.

Check with your provider before starting, especially if you have a heart or lung condition, recent surgery, osteoporosis, or are pregnant.

A therapist teaches you a home plan



Guided exercises



Strength and balance

It may help with

- Low Back Pain
- Neck Pain
- Knee Pain
- Sciatica

Self-care tips

- Bring a list of your medicines, past imaging and any questions.
- Wear comfortable clothes you can move in.
- Tell your therapist honestly how exercises feel, during and the day after.
- Check your insurance for visit limits or referral requirements; our staff can help with referrals.

How to start

Evaluation: First visit, about 45–60 minutes

Your plan: Often 1–3 visits a week

Treatment visits: Each visit builds on the last

Home program: Most days, 10–20 minutes

When to call us

- Sharp pain that is worse during or after the activity and does not settle in a day or two
- New weakness, numbness or tingling in a leg or arm
- Fever, weight loss you cannot explain, or pain after a fall

Call 911 for chest pain, shortness of breath, fainting, or loss of bladder or bowel control.

Call 732-202-3000

One number for all offices. Questions about this handout? We are glad to help.

Our 7 offices: Whiting · Toms River (Hooper Ave) · Brick · Barnegat · Manahawkin · Freehold · West Long Branch

gsmedicalcenter.org/holistic-care/physical-therapy/



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This handout is general information and is not a substitute for medical advice.