Don’t Put Off Therapy Visits

THEY’RE AN IMPORTANT PART OF YOUR HEALTH

Are you hesitant to schedule or attend your physical therapy appointments because of COVID-19? Blue Ridge Therapy wants you to be comfortable about coming back or starting therapy and are taking precautions to make sure you’re safe.

Physical therapy can improve your mobility, ease pain and get you back to your normal activities sooner. If your condition or injury is limiting your life, physical therapy can be an effective treatment. According to the American Physical Therapy Association, physical therapy can help you regain or maintain strength, flexibility and function. When you see a therapist, you’ll learn exercises and other strategies to help you get the most out of each day. Blue Ridge Therapy offers physical, occupational and speech therapy for all ages at three locations – Morganton, Valdese and Marion at the Corpening Memorial YMCA.

“Since therapy often involves working one-on-one with your therapist, social distancing may be impossible, but we want you to know that our therapists are washing their hands frequently and wearing masks,” said Jonathan Williams, Director of Rehab Services at Carolinas HealthCare System Blue Ridge.

Flexible Care Options

Much of medical care, including physical therapy, has traditionally been done face to face. But virtual care services may now be available for many medical reasons, including physical therapy.

Depending on your condition, you may now be able to consult with your physical therapist virtually from the comfort of your home. You may even be able to have an online video visit. Your therapist can remotely go over your therapy goals and other key parts of your treatment plan, such as:

• Exercises to build up your strength
• Stretches to increase flexibility
• Ways to manage pain, such as ice or heat therapy

In some cases, a video visit may be the best option, especially if you need to stay home and away from other people. For instance, maybe you have an underlying health condition like heart disease that puts you at high risk for serious illness from coronavirus, according to The Centers for Disease Control and Prevention. If you have such concerns, reach out to your therapist to talk about how you can still receive much-needed care.

“We’re ready to care for you and keep you safe,” said Williams. “We want you to be able to live your best life possible — pain-free.”

TO SCHEDULE AN APPOINTMENT WITH A PHYSICAL THERAPIST, CALL 828-580-6816.