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What is Physical Therapy?

A patient's individualized treatment plan is based on his or her health history and the results of various orthopedic tests. These tests, which examine balance, coordination, posture, strength, weakness, and more, are used to determine the best course of action. The plan's objective is to reduce pain and restore mobility; it supports recovery from injuries and can even improve an athlete's performance. [Physical therapy](#) is also effective in the prevention of injuries.

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What Is Therapy