

What do physical therapists (PTs) do?

- Physical therapists work to evaluate and treat symptoms of dizziness, headache, balance problems, and pain. We can also help you safely return to an exercise routine.

What is the role of the PT in treating military veterans at SHARE?

- At SHARE, the PT works on improving symptoms you may be experiencing following a mild to moderate traumatic brain injury as well as other bodily injuries you may have had.
- These symptoms include:
 - Dizziness
 - Headache
 - Balance problems
 - Pain

What can be done to improve these symptoms?

- Dizziness/headache
 - Specific exercises may be prescribed to help you focus your eyes/vision during movement
 - Exercises may also be performed to reduce sensitivity to busy environments
- Balance problems
 - You may practice balance exercises on a variety of surfaces or terrains
 - For example, you may be asked to balance on foam or a balance board
- Pain
 - Stretching and strengthening exercises
 - Modalities (e.g. – heat, ice, ultrasound, electrical stimulation) may also be used

What might a physical therapy session look like at SHARE?

- Session activities vary based on each client's needs and goals. Here are examples of things that might be done during a physical therapy session at SHARE:
 - Balance exercises with eyes open or eyes closed
 - Balance retraining on challenging surfaces
 - Specific exercises to improve how your eyes focus during movement
 - Strengthening and/or stretching exercises
 - Pain management techniques such as dry needling, manual therapy, or modalities may be used
 - Practicing relaxation techniques, such as deep breathing or muscle relaxation

What might a group physical therapy session look like at SHARE?

- Flexibility and relaxation group will work on breathing techniques, gentle stretching, progressive muscle relaxation, and easier balance activities
- Exercise group helps with returning to fitness and an exercise routine. Exercises will work on improving arm and leg strength as well as core strength and cardiovascular fitness.

