

# Physical Therapy: Let's Get Started!

**W**elcome to physical therapy! Our physical therapists are excited to work with you, but we're sure you're wondering: What's it all about?

Physical therapy is a type of treatment that helps you move and strengthen your body. Your physical therapist will guide you through different stretches and exercises to help your muscles work better and make some of your pain go away. You can call your physical therapist "PT," for short!

Physical therapy isn't meant to be scary—in fact, it can be fun! Some of the moves may be difficult, but they're all meant to help you get better. It may take some time to notice any changes, but don't give up! You're making progress even if you don't feel it. Just remember: Slow and steady wins the race.

We know you have lots of questions, so don't be afraid to ask your PT about your physical therapy. You'll learn more about your body and how it works, which will help you and your PT work together.

Fill out this sheet with your physical therapist, so you can get to know each other better:

**MY NAME:**

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**MY PT'S NAME:**

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**I VISIT MY PT ON THESE DAYS:**

- Sunday       Thursday  
 Monday       Friday  
 Tuesday       Saturday  
 Wednesday

**MY TOP THREE GOALS FOR PHYSICAL THERAPY ARE:**

1.

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2.

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3.

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**THE THING THAT SCARES ME MOST ABOUT PHYSICAL THERAPY IS:**

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**ONE THING I WANT MY PT TO KNOW ABOUT ME IS:**

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**MY FAVORITE GAME IS:**

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