

PHYSICAL THERAPY



SIERRA TUCSON®

Where Change Begins®



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Physical Therapy

Physical Therapy is a non-invasive discipline that helps individuals develop, maintain, and restore maximum body movement and physical function. Physical therapy can help clients recover from an injury, relieve pain, prevent future injury, and manage chronic and acute conditions. Physical therapists are movement experts who improve quality of life through detailed evaluation, prescribed exercise, hands-on care, and patient education, in order to promote a healthier life and prevent future problems.

Your Physical Therapy Journey

At Sierra Tucson, our Physical Therapists will help you learn about your body and recognize patterns of movement that are linked to your injury. Physical therapy has been shown to be effective in a multitude of ways including but not limited to: regain or maintain independence, pain management, avoiding surgery, improved mobility, recovery from injury or trauma, stroke management, fall prevention, and more.



**For more information
call 844-215-1400 or visit
SierraTucson.com**

REV 08/2021

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