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We accept most major insurance carriers.

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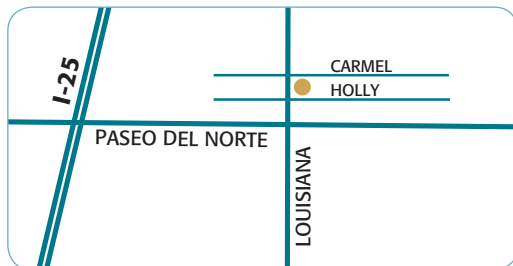
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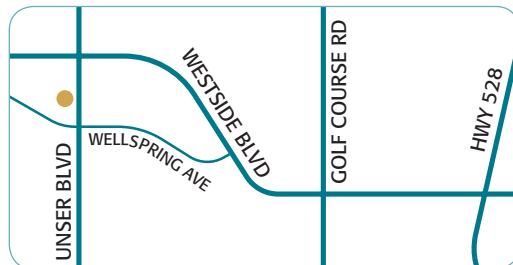
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NEW MEXICO ORTHOPAEDICS

EXCELLENCE IN MOTION

PHYSICAL THERAPY





What is Physical Therapy or PT?

Normal movement and functioning can often be affected by orthopaedic ailments and injuries. Physical Therapy is both a treatment and rehabilitation treatment component. Its goal is to minimize and overcome your movement and mobility problems.

Physical Therapists, or PTs for short, are medical professionals who work with patients to maintain, restore and develop (or redevelop) the complete range of movement and function of the human body.

At New Mexico Orthopedics, our PTs play a critical role in preventing some patients from needing surgery and helping others, following surgical and non-surgical treatment, on their road to recovery.

Does PT Hurt?

Some PT treatments may cause slight discomfort; It can be difficult and uncomfortable to push through a range of motion, especially in the initial weeks after surgery when surgical scarring may not have fully healed or when a traumatized joint is engaged after a period of immobility. Your New Mexico Orthopaedics physical therapist will work with you to tell you what to expect and how you might prepare for your PT sessions.

How long PT lasts depends on several factors:

- Doctor recommendation
- Individual rate of healing
- Exercising at home
- Extent of injury
- Risks of re-injury
- Age

To make the most of physical therapy, concentrate on making progress in movement and flexibility rather than time. For example, if you've broken your wrist, set a personal goal to increase flexibility in the wrist by a certain percent. Once you've accomplished that, give yourself a reward and try for more. Steady, solid progress is more critical than recovery speed!