

# PREVENTIVE CARE

PHYSICAL THERAPISTS ARE **EXCELLENT AT PREVENTIVE CARE**



If you answered yes to either of those two questions or had pain with any of those three tests, you need to see a licensed physical therapists for a formal evaluation.

## ASK YOURSELF

THESE TWO IMPORTANT QUESTIONS

1. Have you missed some sort of activity in the last six months because of joint or muscle pain?
2. In the last three months of your workout schedule, have you missed at least one of them because of joint or muscle pain.

## PREVENTIVE TESTS

FOR THE HOME OR OFFICE

You want to note whether you are having pain anywhere in your body during these tests; shoulders, lower back, hips, knees and ankles.

**TEST 1:** Get down on your hands and knees. Place your rear-end back on your heels, keeping your shoulders and hands still. (Note if you feel any pain)

**TEST 2:** Come out of the previous position and lay on your stomach. Your hands will be underneath your arm pits. Push straight up with your arms, arching your back, keeping your hips as low to the ground as possible. (Note if you feel any pain)

**TEST 3:** Stand facing a wall and place your forearm and elbow on the wall with your hand towards the ceiling. Your elbow should be level with your shoulder. From there, bring your hand down in front of you without moving your elbow and apply pressure to your wrist using the other hand. (Note whether this causes shoulder pain)



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