

MEMORANDUM

TO: All Senators

FROM: Senator Christine Tartaglione

DATE: 9/10/2019

SUBJECT: National Physical Therapy Month and October 12 as the Global PT Day of Service

In the near future, I intend to introduce a resolution recognizing the month of October 2019 as National Physical Therapy Month in Pennsylvania.

National Physical Therapy Month was initially observed as a week-long event when it first began back in 1981. The length of the observance for the field of physical therapy increased to an entire month by 1992, which may be attributable to the expansive applications of this field in our daily lives. Today, this resolution continues to serve as an opportunity to help physical therapists and physical therapy assistants to educate their communities about their profession and its uses.

Physical therapists' main priority is to help individuals improve their quality of life. Techniques used by these medical health professionals can help reduce pain and discomfort to help improve range of motion, often without surgery or drugs. In addition to relieving present ailments, such as arthritis, repetitive stress injuries, posture problems, sports injuries, or back and neck pain, physical therapists can prevent bodily injuries by providing individuals with customized exercise plans. Their training, skill and specialized knowledge extend to every level of the physical condition, making them an invaluable tool to the public's health and wellness.

Every year, a theme is chosen for National Physical Therapy month. This year's theme is ChoosePT. The American Physical Therapy Association's goal is to help individuals avoid opioids and surgery when suffering from lingering injuries or issues by choosing a physical therapist. In addition, they are promoting October 12 as the Global PT Day of Service to engage and support the communities in which they serve.

Please join me cosponsoring this resolution recognizing the month of October 2019 as National Physical Therapy Month and celebrate this occupation and its dedicated employees.