

# October is Physical Therapy Month!

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Did you know October is [National Physical Therapy \(PT\) Month](#)? OSI is proud of our [Physical Therapists](#) and we greatly appreciate the services provided for our communities that we have served for over 35 years. In fact, our PTs are ranked in the [top 7% in the country!](#)

So what does a PT do? According to the [American Physical Therapy Association \(APTA\)](#), essentially a PT can “diagnose and manage movement dysfunction and enhance physical and functional performance”. In other words, PTs focus on optimizing function, wellness, and fitness to improve quality of life.

At OSI our PTs specialize in musculoskeletal (e.g. bones, joints, muscles, ligaments, tendons, etc.) conditions. Our PTs are highly skilled at diagnosing and managing musculoskeletal conditions whether it is a first step to addressing pain and dysfunction or after a more invasive or aggressive intervention has occurred such as surgeries, injections, and/or medications.

Most often aches and pains that impact performance of daily function can be fixed with PT interventions (e.g. posture training, exercise, manual work on joints and tissue, etc.). If addressed early enough in the pain and dysfunction cycle, a PT can prevent surgery or other such treatments as injections and medications. In some cases however surgery and injections or other invasive procedures are needed due to multiple factors that need to be addressed on a case-by-case basis.

At OSI our PTs range in experience from less than one-year to over 35 years. In fact, 48% of our staff has more than 10 years experience at OSI. Educational background varies from a Bachelor’s Degree up to a Doctorate of Physical Therapy (DPT). Today new grads are required to achieve their DPT.

Beyond years of experience, OSI also has 40% of our PTs with advance certifications. Certifications include Orthopedic Clinical Specialist (OCS), Sports Clinical Specialist (SCS), and Manual Specialist (e.g. FAAOMPT-Fellow in the American Academy of Manual Physical Therapy). In each area of specialty it is a rigorous process that in the end acknowledges the PT as having advanced clinical knowledge, experience, and skills in his/her respective specialty area of practice. These specialists are true leaders in advanced skills of a PT.

If you are experiencing pain (e.g. headaches, jaw pain, back pain, knee pain, etc.) that has impacted your daily functional abilities or quality of life, please contact us today for a consultation or evaluation. We want to help you!

Thank you to all our PTs who work hard day in and day out to improve the lives of those we serve.

– Jody

**Get Help With  
Your Injury**

**Free Phone Consultation>**

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