



Physical Therapy: Healing Through Motion

Imagine a world where you could not do anything by yourself. Things like walking, dancing at a party with friends or even going to the kitchen would be hard! Physical Therapy is a profession that improves a person's ability to move on their own. Learn how Physical Therapy helps treat various medical conditions that may affect you or your friends and family. Discover how some skills therapists learn can be used in your life. Take what you've learned and find a way to promote good health through physical activity to people in your community.

Steps

1. Discover the right amount of physical activity
2. Explore how losing the ability to move can impact your life
3. Investigate how Physical Therapists help improve the quality of life
4. Learn skills that can help you take care of and prevent injuries
5. Get the word out on physical activity's impact on good health

Purpose

When I've earned this badge, I'll know how physical therapy improves the quality of life for many people and how I can promote good health.

STEP

1 Discover the right amount of physical activity

Exercise is very important and beneficial to our bodies. It affects our weight, bone strength and digestion. However, like all things, it must be done in moderation. Physical Therapists often encounter patients who have conditions because they were underactive or even overactive. Physical Therapists can even specialize in Women's Health. Find out how motion affects your mind and body.

CHOICES - DO ONE:

Understanding your body

Exercise has lifelong impacts on a person's health. Visit the local library or research online Obesity, a universal health problem and Osteoporosis, a condition women are at risk for. Find out what causes these illnesses and the effects they have on a person's health. Discover how exercise decreases the incidence of these conditions.

OR

More isn't always better

Young girls are becoming more and more active in sports and activities that require year round commitments. Being active is good, but sometimes too much activity can place stress on our growing bodies. Investigate a prominent health issue for young girls called the Female Triad. Learn about what causes it, how it impacts the body and ways you can prevent it.

OR

Explore your mind

Take a look at a psychological issue such as insomnia, depression or anxiety. Read three or more articles about the topic and see if exercise or physical activity is used to treat or relieve it.

STEP

2 Explore how losing the ability to move can impact your life

There are over 300 bones and 600 muscles in the body that we depend on to perform every day functions like getting dressed and brushing our teeth. They also help us do activities like dancing, walking, and running. An injury or disease can change the way our body can move. Some people endure injuries or health conditions that limit their motion. This can be frustrating for their mind and tiring for their body. People with these injuries seek Physical Therapists to help them improve their ability to move. Become familiar with how motion impacts your life.

CHOICES - DO ONE:

Play the Patient

Make sure you have a friend or adult nearby for safety. After completing TWO of the tasks below, ask yourself these questions: Is my body working harder? Do I have to change how I use my body? Would someone's help make it easier? How would I feel if I had to depend on people in order to accomplish that task each day? Would I want to learn a way to do things for myself?

Knee Injury

Use a brace or ace bandage to keep one of your knees straight. Try walking around without bending that knee. Now try walking up the stairs. Be sure someone is by you for safety. If you can gain access to crutches, a walker or cane see what it's like to depend on them.

Spinal Cord Injury

Place a chair next to your bed, then lie down on your back. Record how quickly you can get out of bed and sit in the chair. Now pretend you cannot use your legs. Try to get into the chair and record your time. Which took longer?

Arm Injury

Put your dominant hand in an oven mitt with no fingers or wrap it in an ace bandage so that you cannot use your fingers. Now try to make lunch and eat it.

OR

Inside the Injury

Invite a person to speak to your group who has gone through or is currently in physical therapy. Find out what their life was like before and after they had therapy.

OR

Mindful Motion

For one day, use the log below to record your activity. Try to remember how you used your body. Afterwards, choose one of the following body parts to be injured: Right hand, Left elbow, Right knee, and Left foot. Go back to your log and put an X next to each activity that would use that body part. See how many activities would be affected by your injury!

ACTIVITY	BODY PART	If I injured my _____.

ACTIVITY	BODY PART	If I injured my <i>Right hand</i> .
<i>Brushed my teeth</i>	<i>Right arm and hand</i>	X

STEP

3 Investigate how Physical Therapists help improve quality of life

Motion is essential to having an independent life. This independence creates a quality of life in which a person has the freedom to do the things they want and control how they spend their time. Physical Therapists use their hands, physical activity, and technology to help treat their patient's condition so they can enjoy the benefits of motion. Explore the skills and equipment they use to get people moving.

CHOICES - DO ONE:

Exploring Hands On

Physical Therapists use their hands to identify and treat the parts of the body that are causing a patient pain or affecting how they move. They use a method called palpation to find the structures causing the problems. Once found, they can use different methods to fix them. Find out what palpation is. Learn how to find bones, muscles and other objects in your body. Once you find them, understand how they help you move. Here are some fun parts you can look for: Wrist extensors, Masseter, Biceps Tendon, and Patellar Bone. See if you can find them on yourself or others!

OR

Get Physical

Physical Therapists find ways to exercise the body so that patients can do everyday activities easier. Find out what the S.A.I.D. principle says about how you should train your body. Identify a physical activity or skill you would like to do better. Brainstorm with a friend, family member, or health professional on what you can do to improve that skill.

OR

Technology that Treats

Today technology is a huge part of our lives. Physical Therapists use technology to help treat conditions their patients may have. Research some of the equipment they use and how it helps people. Here are some treatment interventions to get you started: FES, Laser, Ultrasound, and Dynamometer.

STEP

4 Learn skills that can help you treat and prevent injuries

Physical Therapists are major advocates of healthy living. They promote, wellness, prevention, and are the leading providers of wound care. It's important to know what to do in case of injuries and how you can prevent them. Be familiar with things you can do to keep yourself and others safe and healthy.

CHOICES - DO ONE:

Swelling Solutions

Contrary to popular belief swelling after an injury can be a good thing. It is a sign that the body is sending in the troops to clean up the damaged tissue as a result of the injury and providing nutrients so it can heal. However, after about 48 – 72 hours the swelling starts just causing pain and pain can limit motion. We know it is important to move, so what do we do? R.I.C.E. is an acronym used to guide how to deal with swelling. I stands for Ice. Find out what the other letters stand for and how this combination can help reduce swelling. Learn how you can use household items to make your own ice pack and what the body's normal reactions to ice are.

OR

Stretch for Success

Women are naturally more flexible than men and flexibility increases how much you can move. Stretching before exercise helps prevent injury by increasing your flexibility. Physical therapists use a tool called a Goniometer to measure your range of motion. With a friend or family member, take the tests below to see how flexible your hamstring muscles are:

1. *With a tape measure, measure your hip to the bottom of your foot to see how long your leg is.*
2. *Then lay down on your back*
3. *While keeping your right knee straight, lift your leg off the table*
4. *Take a tape measure and measure how high your heel is off the table*
5. *Divided your heel height by your leg length (heel height/leg length)*
6. *Compare your results with your friends to see who is more flexible.*

If you're not as flexible as you'd like to be, find some stretches you can do over time and see if they help.

OR

Wound Warrior

Did you know Physical Therapists are the leading providers of wound care? This means they remove stitches, clean deep cuts, and even remove dead tissue from an injury. Take a first aid class or learn the basic steps a person should take if they get a bad cut or injury. Make sure you know how to protect yourself from pathogens found in blood.

STEP

5 Get the word out on physical activity's impact on good health

Physical activity is a very important ingredient in maintaining a healthy body and mind. Physical Therapists use physical activity to improve the lives of the patients they treat. Take what you've learned and try to raise awareness about the importance of physical activity.

CHOICES - DO ONE:

Community Health Fair

Organize a local health fair. Invite various health professionals such as physical therapists and have them teach visitors about the importance of an active lifestyle.

OR

Healthy Start

Playing catch or tag with your friends or playing at the park was once a common way to exercise. However, growing up in the technology age has led to many children being less active. Promote physical activity in a younger group of girls. You can run an activity day or help a Brownie scout earn "My Best Self" or a Junior scout earn the "Staying Fit" badge.

OR

Physical Activity Awareness

Create a pamphlet, brochure, or small poster educating others about healthy living through physical activity. Describe how physical activity benefits the body and health conditions it prevents. Incorporate different ways people can be active including the use of the latest advances in technology with video games. Provide tips on preventing injuries when you exercise and what to do if you get hurt.