



A GUIDE TO SETTING PHYSICAL THERAPY GOALS

Full recovery from an orthopedic injury often hinges on a successful physical therapy program. But before you start PT, consider what you want to accomplish by the end of your program.

You might want to ask yourself:

- What Are My Long- and Short-Term Goals?
- Are My Goals Realistic?
- Are My Goals Measurable?
- Should I Reassess My Goals/Timeline?

Working with your doctor and physical therapist, you'll create a game plan to reduce pain and improve your mobility.



Examples Functional Goals Physical Therapy

Sabine Zange



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