



October 15, 2009

FOR IMMEDIATE RELEASE

CONTACT: Maryanne Aldrich

(603) 747-9189

National Physical Therapy Month

October is National Physical Therapy Month, and a great time for us to recognize the physical therapists and physical therapy assistant at Cottage Hospital, who work with folks from all walks of life and people of all ages.

The Physical Therapists at Cottage Hospital are Health Care Professionals who work to help you achieve and maintain mobility and quality of life without surgery or prescription medicine. They can also help you to recover your mobility after surgery or an injury has occurred, tailoring a plan of care to meet each individuals' needs, helping you to move forward so that you can get back to daily living.

Physical Therapists, with their extensive education, are trained to assess functional motor abilities, provide intervention and educate people with the intent to improve fitness and overall health. Physical Therapy Awareness Month, sponsored through the American Physical Therapy Association, is celebrated nationally, with this years' theme being celebrated at Cottage Hospital: *Move Forward: Physical Therapy brings Motion to Life.*

In recognition of all the ways physical therapy contributes to society's well-being, October has been designated as Physical Therapy Month.

To find out more about occupational therapy and how it might help you, visit the American Physical Therapy Association's Web site, www.apta.org or call and speak directly to a physical therapist on staff at Cottage Hospital. The Physical Therapy department at Cottage Hospital is open Monday-Friday from 7:00 -5:30. To schedule an appointment, please call 603-747-9311.

Cottage Hospital is a 25 bed, critical access hospital serving the beautiful Upper Connecticut River Valley. For additional information regarding Cottage Hospital and any of our services, visit us on the web at www.cottagehospital.org, or call (603)747-9000.

###