



Physical Therapy & Sports Medicine

by **Ellen Poveromo, PT, MTC**

Director of Treatment

DISABILITY ON THE RISE

If you thought you'd never have any need for universal (accessible) design, handicapped parking, scooters for the disabled, and the like, you may want to revise your thinking. The fact of life is that one in five Americans currently has a disability, and the number is likely to increase as Baby Boomers age. According to the U.S. Centers for Disease Control and Prevention, the number of Americans with a disability rose 7.7 percent (3.4 million people) to nearly 48 million during a recent five-year period. To the surprise of hardly anyone, arthritis was the leading cause of disability, affecting 8.6 million people. These numbers point out the important roles that physical therapists are likely to play in many people's futures.

Of course, no matter what your age, if you're in pain or having difficulty getting around, you should call us today. Our friendly and professional therapists have the experience to help people of all ages improve their mobility and function. We'll work with you, one-on-one, to create a regimen that takes into account your unique situation. Call today to learn more about our wide range of services. And don't forget that, as a patient, you have the right to choose your own physical therapy facility, because experience and training make a difference!

P.S. According to statistics from the CDC, back or spine problems were the main cause of disability for 7.6 million Americans.

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over 20 years.**

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