



Annual Physical Therapy Exams

Inspire Physical Therapy Idaho has created an individualized musculoskeletal exam for all ages that takes a preventative approach to your health – our goal is to prevent the smaller issues from becoming BIG issues down the road!

This examination includes a 60-minute assessment where you will receive: a postural assessment, strength testing, neurological screen, selective functional movement assessment and review of any previous injuries. We will provide you with results as well as an individualized home exercise program, if needed.

WHY GET AN ANNUAL PHYSICAL THERAPY EXAM?

- Being proactive with your physical health can help reduce your risk of injury and help maintain a healthy, active lifestyle.
- Musculoskeletal conditions are the #1 reason people visit their physicians, and they affect nearly half of Americans over the age of 18. This assessment will identify specific focus areas and give you the tools to address those areas appropriately.
- As we age, normal physiological changes take place such as a decrease in muscle mass as well as joint degeneration. As a result of these changes, you may notice a decrease in your balance, strength, power and walking speed. Exercise and diet are two of the best interventions to delay or even reverse some of these changes!

WHO WOULD BENEFIT?

People of all ages, athletic abilities, and limitations can benefit from a one-on-one PT exam.

WHAT IS THE COST?

\$95.00 due at the time of your appointment.



The Annual Physical Therapy Exam is not meant to replace, nor can it serve as a substitute for, a physical by your medical doctor.