WE LOVE OUR PHYSICAL THERAPIST, CHAD POWELL!

We love our physical therapist, Chad Powell, PT! So do our patients! Our Home Health patients have said,

> "Thanks so much to Chad Powell, physical therapist for Montgomery County Health Department, for the excellent professional care I received following my recent knee surgery. I highly recommend Chad and the rest of the Health Department staff."

> "Chad, the therapist, he's really good. He pushed me . . . I was wanting to quit, but he brought me around pretty quick."

> And, "Thanks for the care and therapy you gave me recently. Chad and Erin and Lindsey are great."

October celebrates National Physical Therapy Month to help raise awareness of the benefits of physical therapy. The Montgomery County Health Department recognizes Chad and the importance that physical therapy plays in the lives of our home health patients.

We all long for a pain-free life and the ability to enjoy our favorite activities. Mobility is vital to enjoying healthy physical activity, lowering the risk of obesity, and staying independent.

According to the American Physical Therapy Association (APTA), physical therapy can restore or increase strength, range of motion, flexibility, coordination, and endurance as well as reduce pain. Another important role is to retrain the patient to do everyday tasks.

Chad works with our home health patients to identify treatment plans that align with their own individual needs, challenges and goals. Patients feel empowered as they work actively with Chad on their own recovery. So many of our patients have developed a strong bond with Chad. I know we hear many compliments from our patients. Our patients love Chad!

You have the right to choose your home health agency. If you want one of the best physical therapist around….then, tell your doctor you want physical therapy services from Chad Powell and the nurses at the Montgomery County Health Department Home Health Agency.

We live right here in Montgomery County, and we love taking care of our friends and neighbors. To learn more, call 573-564-2495 or visit us online at www.montgomerycountyhealth.org or on Facebook or Twitter @healthymoco. ■

Linda Harman

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