

Laurie Alsberg Continues to Help People Recover Through High-Quality Physical Therapy

Laurie Alsberg is a physical therapist who helps people regain their mobility.

LOS ANGELES, CA, USA, June 26, 2014 /EINPresswire.com/ -- [Laurie Alsberg](#) opened Inertia Physical Therapy in Los Angeles, California in 2003, six years after graduating from the University of Southern California with a Doctor of Physical Therapy degree.

As a licensed physical therapist, [Laurie Alsberg](#) worked at clinics and hospitals in and around Los Angeles for six years after graduating from USC. During those years she began to get a deep appreciation for her work; what began as a career for a woman who wanted to help people feel better, has grown into a mission.

"My goal as a physical therapist is to promote the patient's ability to move," [Laurie Alsberg](#) says. "I want to help them reduce their pain, to restore as much function as possible, and prevent disability. Physical therapy is an essential element of patient care, and therapeutic exercise and functional training are the cornerstones of physical therapist treatment."

Laurie Alsberg is passionate about what she does. "I have the skills to help people regain the full functionality of their bodies," Laurie Alsberg says. "It is very rewarding. I work one-on-one with people who are trying to come back from some sort of injury or whatever, and I get to help them through treatment. And I really get to make a difference in their lives." Laurie Alsberg says that she has worked with patients from all walks of life: from people recovering from surgery, to athletes recovering from a sports injury, to kids who are recovering from some kind of accident. "I also will work with older people to help them prevent loss of mobility as their bodies age, and they lose dexterity. I develop fitness- and wellness-oriented programs for healthier and more active lifestyles."



Laurie Alsberg is an enthusiastic cyclist who lives and works in Los Angeles. She says that she rides her bike to work at Inertia Physical Therapy almost every single day.

Laurie Alsberg says she is a highly educated person who is an expert on how the human body moves and functions. When it comes to physical therapy, she says, no two cases are alike. She says that depending on the particular needs of a patient, she may “mobilize” a joint, or massage a muscle to promote its proper movement and function. “Or I may use other techniques, such as electrotherapy, ultrasound, hot packs, and ice in addition to other treatments when appropriate.” In physical therapy, Laurie Alsberg says that ultrasound are high-frequency waves that produce heat.

According to the United States Bureau of Labor Statistics, there is an increasing need for physical therapists in the United States; the Bureau projects that by the year 2022 there will be a remarkable thirty percent increase in the demand for physical therapists. Driving this demand for physical therapists, Laurie Alsberg says, is an aging population who have had heart attacks, strokes and other injuries that require rehabilitation. Physical therapists are also increasingly being called upon to help manage chronic conditions, including diabetes and obesity.

“I think one of the most rewarding things about my work is working closely with people, and helping them reclaim their lives as they are restored to optimum mobility,” says Laurie Alsberg. “I really enjoy seeing my clients progress through treatment. As corny as it sounds, I know that I am really making a difference in their lives.”

Laurie Alsberg was born and raised in Ocala, Florida, where she attended Ocala West High School. Before enrolling at USC, Laurie Alsberg attended Washington University in St. Louis, Missouri. Washington and USC are both highly regarded schools for physical therapy.

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