



October is National Physical Therapy Month

ALEXANDRIA, VA, UNITED STATES, October 15, 2025 /EINPresswire.com/ -- When most people think of physical therapy, they often picture recovery after an injury or surgery, but it's much more than that. Physical therapy supports your future health and self, no matter your age or abilities.

Physical therapy is a core component of a proactive health plan, as routine and essential as annual checkups and regular dental cleanings. Physical therapy meets people where they are, helping them stay strong, mobile and resilient through every phase of life.

PT For Future Me is a new campaign from the American Physical Therapy Association. It emphasizes prevention, wellness, mobility, and strength to support all aspects of work, life, and play, no matter your age or ability. It's never too early or late to make physical therapy part of your health routine. Take action, and connect with a local, licensed physical therapist.

For more information, please visit <https://www.ChoosePT.com/Future-Me>.

Colleen Fogarty
American Physical Therapy Association

[email us here](#)

Visit us on social media:

[Instagram](#)

[X](#)

[Facebook](#)

[LinkedIn](#)

This press release can be viewed online at: <https://www.einpresswire.com/article/858379459>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

© 1995-2025 Newsmatics Inc. All Right Reserved.