

Welcome to the Edge PT Physical Therapy Website. Thank you for taking the time to check us out!

I know you are here because there is some physical, medical problem you would like to get help for. As with any site giving away “advice”, there are things you should always look for:

**1. Make sure the authors of the programs are qualified to give out information.** What are their credentials? What makes them experts in that field? Where were they trained? Do they have certifications or licensures? Is their contact information available to you?

**2. If you are seeking medical advice, are the people involved licensed, medical professionals?** Letters behind a name often do not indicate what type of training or how long the training took place. Several certificate programs are available or take only a few weeks to complete. And although it might look like an individual has medical experience, just because a person knows where the muscles are does not make them an expert in rehabilitation therapy.

**3. Read the majority of the website information and decide if you would benefit from the program.** If you are seeking information, for example, on low back pain, is the program geared towards “healthy people” just wanting to increase their core strength or is it geared to a specific diagnosis that indicates there is a problem with your low back. These exercises are very different from each other. A healthy back can obviously perform far more complex exercises than an injured one. Be careful!

**4. Are the exercises too hard, done on the floor, or ask you to get into positions you know you cannot get into?** Rehabilitation exercises are just that—for rehabilitation. Most everyone can get on the floor, most people that are injured cannot get up! There are ways to rehabilitate with exercises that are graded from Easy to Moderate to Complex. Be cautious at what level you begin at.

**5. Finally, pay attention to detail.** What guarantees are made? Is there a medical disclaimer? Does the person introduce themselves and tell you why and how they are qualified? Do they make unrealistic claims? Is the product touted as a miracle cure, instant relief, etc.?

I hope this information has been beneficial. Through my research on a low back pain exercise program, I discovered that only 2 people on the first 2 pages of the research engine site were actually qualified to give out that information: 1 Physical Therapist and 1 Chiropractor. The rest gave **NO** information other than their name as to their qualifications! Amazing..... And most of the exercises I looked into were performed by obviously very fit people with no apparent low back pain.

Please, research carefully and fully look in to the programs you decide to try. Keep checking back into Edge PT. We are continuously developing various programs to help you stay in shape or get back in to shape.

Please call our office today at (909) 204-2894.