

Physical Therapy in Home Care

Life can be like a game of baseball. Sometimes it can throw you a curve ball, sometimes you completely miss the ball, and sometimes you can knock it out of the park for a celebratory home run. But overall, home base is where it all begins and one of the best places to get to - and that's where home care comes in.

Like at home base, health care in the home acts as your dedicated umpire and encouraging coach to get you through the game and achieve the best results. Because there truly is no place like home.

Can I get physical therapy at my home?

For those who are currently struggling with immobility and not able to drive for a few weeks or indefinitely, getting to physical therapy appointments at a local clinic or rehab center can be an additional, unnecessary pain. Thankfully, Physical Therapists (PTs) in home care will come to you and conduct physical therapy sessions in the comfort, privacy and convenience of your own home.

Do I have to be a senior to receive home care?

Becoming homebound is a curve ball that life can throw to anyone, regardless of age. Whether you just had a total hip/knee replacement, or recovering from an injury or surgery that leaves you homebound for multiple weeks, physical therapy in the home can dramatically improve results and quicken recovery time. Home care is meant to help you gain your independence back so you can get back to normal life.

Do I need physical therapy?

After being discharged from staying at a hospital, inactivity contributes to a more difficult and prolonged recovery process. This is why physical therapy in the home is crucial to the recovery.

But physical therapy isn't just for those recovering from injuries or surgeries; it helps those affected by anything that impairs one's mobility or strength. This can range from strokes, heart attacks, pneumonia, neurological disorders, arthritis, pain management, balance issues, vertigo, Parkinson's disease, and more.

Home care specialists and physical therapists help treat these diagnoses during the recovery process through multiple programs, effective tools, and treatments. For example, the physical therapy program called "BIG" is an extremely effective tool for helping those affected by Parkinson's disease. By recalibrating their nervous system, BIG can turn their increasingly smaller "world" back to normal size.

What can physical therapy do for me?

When you think of physical therapy, you may think it's just massage therapy, exercise programs, or even rigorously painful rehabilitation – but it's not.

People often fear their capacity for physical therapy is too diminished due to their illness or weakness. However, Accolade's PTs tailor sessions and plans of care to be sensitive and suit the appropriate levels of physical therapy for each patient's circumstance.

The PT's goal of maximizing patient functional independence is achieved through strategies that often involve specific exercises to stretch and strengthen muscles as well as to improve posture, balance, and endurance. But the mission of physical therapy in the home is to decrease the amount of help the patient needs from caregivers or nurses over time, while treating diagnoses and maximizing the level of function for a speedy recovery.

Caregivers provide necessary support and care for their loved ones, but home care is the coach that helps the patient gain back their independence in the most effective and efficient way. In less than an hour on average, each physical therapy session in the home is conducted to speed up recovery without overwhelming or exhausting the patient.

Because home safety is critical to the recovery process, Accolade Home Care PTs also conduct multiple assessments during sessions, including home safety, pain, mobility, gait, strength, support system, and more.

Kristi Baggett, one of Accolade's beloved PT's in Denton, Texas, is passionate about physical therapy in the home because it acts as a team approach with both the patient and caregiver. Home care allows her to effectively collaborate with them to determine the best plan of care based on the patient's desires and recovery needs.

Kristi also has a huge heart for amputees who are learning what life is like without an appendage and going through a grieving process. She remembers one of her former patients, an amputee, that had a prosthetic leg delivered and she was the first one to walk beside the patient on their new leg. Through her experience and the patient's process of learning to walk with a prosthetic leg, Kristi's passion for physical therapy in the home continues to increase each day she is able to make a difference in another's life.

Regardless of your situation or illness that causes you to be homebound, with Accolade, you are not alone. Accolade Home Care also provides speech and occupational therapy services. [Contact us](#) today to learn more.

