Why physical therapy is good for you *and* the environment

Physical therapy saves energy and resources

Physical therapy uses natural remedies such as movement, touch and communication

Physical therapy can reduce the need for medication and has few side effects for the body and environment

By increasing mobility and fitness, physical therapy enables active participation in social life and the natural environment

By preventing physical illness, physical therapy reduces the need for resource-intensive healthcare

Physical therapy facilitates the use of active and emission-saving means of transport like walking and cycling

For more information and relevant resources please follow this QR CODE

HEALTH FOR FUTURE PHYSIOTHERAPIE

ENVIRONMENTAL PHYSIOTHERAPY ASSOCIATION