

6 Physical Therapy Myths That You Probably Believe

Did you know that you don't need to have a referral to consult a physical therapist? How about the fact that not all medical professionals can conduct therapy? If you thought otherwise, chances are you also believed the following myths and misconceptions about [physical therapy in Singapore](#).

Myth #1: Physical therapy is painful

Fact: Physical therapy is designed to stay within the boundaries of the patient's pain threshold.

While discomfort is expected, inflicting pain is not the objective of physical therapy. Rather, its goal is to minimize or completely eliminate chronic pain. Therapists make sure that their treatment stays within their patient's pain threshold to achieve this. They adjust their treatment accordingly based on their patient's recovery progress.

Myth #2: Any healthcare professional can perform physical therapy.

Fact: Only physical therapists can conduct physical therapy.

Physical therapists undergo years of training and education to become certified. Hence, it goes without saying that not just any medical professional can administer physical therapy treatments.

Myth #3: Physical therapy is for injury recovery only.

Fact: Physical therapy is also used for the diagnosis and prevention of various diseases and conditions.

Physical therapy is just as diverse as any other healthcare treatment plan. It can be used to assess a person's health status and determine his/her chances of developing a disabling condition. [Cranial osteopath treatment](#), for instance, is therapy designed to evaluate a patient's functionality based on the subtle differences of tension and tissue quality throughout his/her body.

It's also worth noting that physical therapy has various specializations. [Naturopathy therapy](#), for instance, is treatment utilizes non-invasive and "self-healing" treatment plans. Psychoanalysis therapies, meanwhile, revolves around changing negative or problematic behaviours.

Myth #4: Health insurance doesn't cover physical therapy.

Fact: Most health insurance plans cover physical therapy.

So, if you are currently enrolled in health insurance, find out if it is included in your coverage. Beyond that, physical therapy can reduce your expenses in other ways. It can help stave off the development of various conditions. It can determine many diseases on their onset, avoiding spending money on unnecessary diagnostic tests, consultations, and prescription drugs.

Myth #5: Physical therapy is a passive treatment.

Fact: Physical therapy is a dynamic process.

And, it's one that requires the full participation of not only the therapist but also the patient. If the patient is reluctant, the treatment plan won't be as effective. Hence, he/she must be committed to the entire process.

Myth #6: MRI is a requirement for therapy.

Fact: MRI is not a requirement for therapy.

As mentioned before, you don't need to have a referral to consult and undergo therapy—much less an MRI. While MRI is recommended for many treatments, it is not necessary to undergo it before beginning therapy. In fact, some studies show that it can delay the implementation of the appropriate treatment. Consult a therapist to determine the best course of action.

Don't let these myths hold you back from getting the treatment you deserve. Consult a physical therapist if you've been experiencing mobility problems, recurring body aches, and other PT-related health issues.