

health hints

Physical Therapy Pointers

(NAPSA)—A growing number of people are now receiving health care services from physical therapists. Physical therapy—also referred to as PT—is used to help people recover from work- and sports-related injuries; some forms of surgery; and in the treatment of certain diseases.



Physical therapists use an athletic bandage to treat work- and sports-related injuries.

Physical therapists use a variety of exercises and equipment during the course of treatment, but one of their most frequently used pieces of equipment may be the simplest—the athletic bandage. This bandage is wrapped around the affected area prior to exercise or as part of a treatment plan.

One new type of bandage lets a patient keep pressure on soft tissue without many of the problems associated with traditional types of athletic bandages.

The SelfGrip bandage is made of a cotton/latex blend that lets moisture escape from the skin without stretching out of shape. As a result, the patient gets both muscle support and continued blood flow to the injured area.

The bandage tears easily and is self adhering—which means it won't stick to skin and hair when removed, yet requires no pins or clips. To learn more, call Dome Industries at 1-800-432-4352.