

Build a Stronger, Healthier Future You



From first steps to your later years, physical therapy helps you stay strong, mobile, and ready for whatever comes next. Want to live a stronger, healthier life? Physical therapy can help. "PT for Future Me," a new ChoosePT campaign brought to you by the American Physical Therapy Association, highlights physical therapy's many roles across the lifespan.

Childhood & Adolescence

Physical therapy supports children of all ages and abilities, helping them build strength, confidence, and healthy habits that can last a lifetime.

Early Adulthood

Whether staying active and exercising, recovering from injuries, or preparing for major life changes like pregnancy or childbirth, young adults can turn to physical therapy to move better, feel stronger, reduce discomfort, prevent injuries, and support their overall well-being.

Middle Adulthood

Physical therapy helps adults manage pain and mobility concerns so they can stay strong, active, and fully engaged in the lives they're building.

Older Adulthood

Staying active and confident is vital for aging well. Physical therapy helps older adults prevent and overcome falls and live better with chronic conditions, so they can stay mobile and independent and fully enjoy the moments that matter.