

HIV/AIDS and Physical Therapy: What to Expect

Oncology Section, American Physical Therapy Association – www.oncologypt.org

Who are physical therapists and what do they do?

Physical therapists are licensed professionals who work with patients and clients in order to:

- Identify causes of difficulty with movement
- Promote improved physical ability and function, wellness and fitness as it relates to movement and health
- Prevent the onset or progression of impairments and disabilities resulting from disease, injuries, or other conditions. This includes prevention and management of pain associated with HIV disease
- Promote functional and holistic well-being to the person living with HIV/AIDS throughout their lifespan



The American Physical Therapy Association's MoveForward.com website has more consumer information about HIV disease in the

[Physical Therapist's Guide to HIV Disease \(click here\)](#)

On this [webpage](#), you will find answers to the questions listed below:

[What is HIV Disease and AIDS?](#)

[Signs and Symptoms of HIV Disease](#)

[How Can a Physical Therapist help?](#)

[Real Life Experiences](#)

[What Kind of Physical Therapist Do I Need?](#)

What to expect when you see a PT

- Individual assessment
- Therapist working individually with you to develop a treatment plan that works in your life
- Follow-up to modify and adjust the plan and to monitor response
- Coordination and communication with your physician and other health care providers

Contacting a PT

The American Physical Therapy Association has an online database of members called "Find a PT" that you can use to locate a Physical Therapist in your area. Go to www.apta.org and click on the link for "Find a PT." Call the PTs in your area to see if they have experience treating individuals with HIV disease.