



*Health & Fitness* Weekly Wellness Message

October is National Physical Therapy Month. Physical Therapists are experts in evaluating, treating and managing disorders of the musculoskeletal system. Your musculoskeletal system is made up of your bones, joints, ligaments, tendons, muscles, cartilage and connective tissue.

Physical Therapists treat pain and dysfunction of the [musculoskeletal system](#) with a myriad of interventions including:

- Joint Manipulation
- Strengthening exercise
- Stretching exercise
- Electrotherapy ('electric stimulation' of muscles/tissue)
- Bracing/Orthotic prescription
- Activity modification
- Postural Exercises
- Spinal Traction
- Cold/Heat
- And many others

A great summation of what Physical Therapists have to offer was put forward as a recent slogan for a Physical Therapist professional organization. It states that when considering your options for musculoskeletal injuries, **“you have drugs, you have surgery and you have US!”**

In addition to the above services, Physical Therapists can also provide guidance regarding injury prevention including [“Functional Movement Screens”](#), [running shoe selection](#), [warm-up routines](#) just to name a few.

NDU has a full-time Physical Therapist on staff, Major Ben Hando, who is available for appointments in his office, located in the ICAF gym in Eisenhower Hall. If you think you may have an injury or condition that could benefit from consultation with a Physical Therapist, simply stop by his office or send him an email: [Benjamin.hando@ndu.edu](mailto:Benjamin.hando@ndu.edu).

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