

Meet a PT From Your HTC On Your TV

Your HTC PT specializes in the care of patients with bleeding disorders. Every therapist and clinic are different in the services that they provide but here is a general overview of how to get the most out of your HTC PT.

PTs, or physical therapists are specially trained in:

- How to exercise in a way that will help you to meet your goals and not get hurt.
- Human anatomy and how your body moves and works together.
- How to change activities to make them safer and more effective.
- Pain management without the use of medications.
- How to use equipment correctly both at home and on the field

- Keep an eye on your joints before they have bleeds to catch them faster
- Design exercises to keep you from getting hurt
- Helping you change activities so that they work better for your body's needs
- Finding bleeds and tracking them as they heal
- Helping you get back to normal after a bleed or injury
- Ultrasounds of your joints and muscles
- Helping you find the right equipment so that you can do things better and safer
- Helping you control and reduce pain
- Working with your medical team, teachers, coaches and family to make sure you have everything that you need to be your best you.

What your HTC PT can do.

- Work together to prescribe medication
- Work together to make your prophylaxis routine the most effective
- Decide if you need imaging or other services like physical or occupational therapy
- Figure out what equipment you need and how to get it

What your HTC team does.

- In person during clinic visits
- In person for PT only appointments
- Virtual visits
- Phone calls
- Texts
- Emails

How much do you want to talk to your PT?

- Annually
- Monthly
- More? Less?

How PT works.