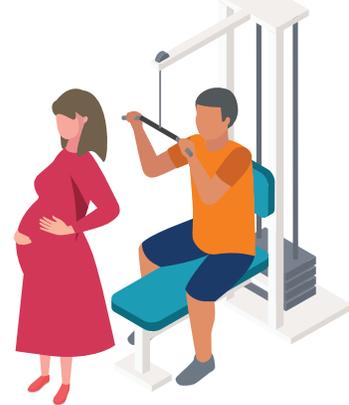


# Physical Therapy Across the Lifespan



## Early Adulthood

Early adulthood is a time of transformation, marked by personal growth, increased independence, and often major life milestones. During this dynamic phase, physical therapy can play a key role in helping young adults stay strong, active, and pain-free.

“I want to play soccer competitively through college ...”

“I want to feel my best postpartum ...”

“I want to start running marathons ...”

### Why Physical Therapy Matters for People in Early Adulthood

Physical therapy empowers young adults to stay ahead of potential issues before they interfere with daily life. Whether managing new physical demands or recovering from strain or injury, working with a physical therapist provides personalized strategies to move better, feel stronger, and stay active through all of life's transitions.

### How Physical Therapy Helps Young Adults Thrive

As many young adults enter the workforce, they take on new physical demands. Some spend long hours at a desk, while others are on their feet throughout the day. No matter the job, maintaining mobility and physical wellness is essential. Physical therapy can help reduce discomfort, improve posture and movement, and support long-term health.

Outside of work, young adults often pursue active lifestyles — training for sports, working out at the gym, or setting personal fitness goals. Physical therapy supports these efforts by building strength, improving performance, and helping prevent injury. It's for getting stronger, moving better, and staying in the game longer.

This phase of life may bring major milestones, including starting a family. Pregnancy and postpartum recovery involve significant physical changes. Physical therapy helps expecting and new mothers feel stronger, manage pain, and prepare their bodies for childbirth and recovery. It can relieve low back and pelvic pain, offer safe exercise guidance, reduce the risk of leakage, and support emotional well-being.

### Examples of Common Specialty Areas in Early Adulthood May Include:

- **Sports Physical Therapy:** Supports young athletes recovering from injury and optimizing performance
- **Pelvic and Women's Health Physical Therapy:** Improves pelvic floor strength and decreases pain
- **Orthopaedic Physical Therapy:** Provides physical rehabilitation for people with pain, injury, or disease of the muscles, bones, or joints that limit mobility



**Physical therapists can be visited directly without a referral in all 50 states and Washington, D.C. Take the next step to invest in yourself and support your health. Visit [ChoosePT.com/find-a-pt](https://www.ChoosePT.com/find-a-pt) to find a physical therapist near you.**