



Physical Therapy Across the Lifespan

Middle Adulthood

For adults in their 40s to early 60s, life is full — career, family, and future plans all compete for time and energy. But physical challenges like pain and limited mobility can make it harder to keep up. Physical therapy helps people in middle adulthood stay strong and active so they can keep living the life they've built.

"I want to walk my daughter down the aisle without pain ..."

"I want to explore new places and travel comfortably ..."

"I want to dominate the court in my recreational pickleball league ..."

Why Physical Therapy Matters for People in Middle Adulthood

As the body begins to show signs of aging, now is the perfect time to invest in your health. Physical therapy goes beyond recovery — it's a proactive strategy to maintain vitality, extend longevity, and improve quality of life. Physical therapists and physical therapist assistants can help people achieve the recommended amount of physical activity to help prevent or manage heart disease, diabetes, depression, and even some cancers.

How Physical Therapy Helps Adults Thrive

Physical therapists and physical therapist assistants help people:

- ✓ Build strength and flexibility
- ✓ Manage pain without opioids or other pain medications
- ✓ Avoid or delay surgeries
- ✓ Improve bone health
- ✓ Stay fit for work, family, and everyday life

Examples of Common Specialty Areas in Middle Adulthood May Include:

- **Neurologic Physical Therapy:** Addresses conditions affecting the brain, spinal cord, and nerves
- **Pelvic and Women's Health Physical Therapy:** Improves pelvic floor strength, decreases pain, and addresses osteoporosis
- **Orthopaedic Physical Therapy:** Provides physical rehabilitation for people with pain, injury, or diseases of the muscles, bones, or joints that limit mobility and addresses osteoporosis
- **Cardiovascular & Pulmonary Physical Therapy:** Provides prevention and rehabilitation care for people who are at risk for, or diagnosed with, heart, lung, and other health conditions
- **Oncologic Physical Therapy:** Addresses cancer-related problems during and after treatment



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 to find a physical therapist near you.