

# PHYSICAL THERAPY AND MENTAL HEALTH



Long-lasting musculoskeletal disorders and mental health are the leading causes of sick leave worldwide. To meet the needs of the patient, physical therapists offer a wide range of approaches with a focus on human movement and function.

Exercise is an evidence-based treatment for depression. As qualified experts in movement and exercise, physical therapists are best placed to give advice on how to improve your physical health, decrease your anxiety symptoms and improve your quality of life.



**Get active. Stay active. Talk to a physical therapist today**



**Movement for Health**  
World Physical Therapy Day



World Confederation  
for Physical Therapy  
[www.wcpt.org](http://www.wcpt.org)

**#worldptday**