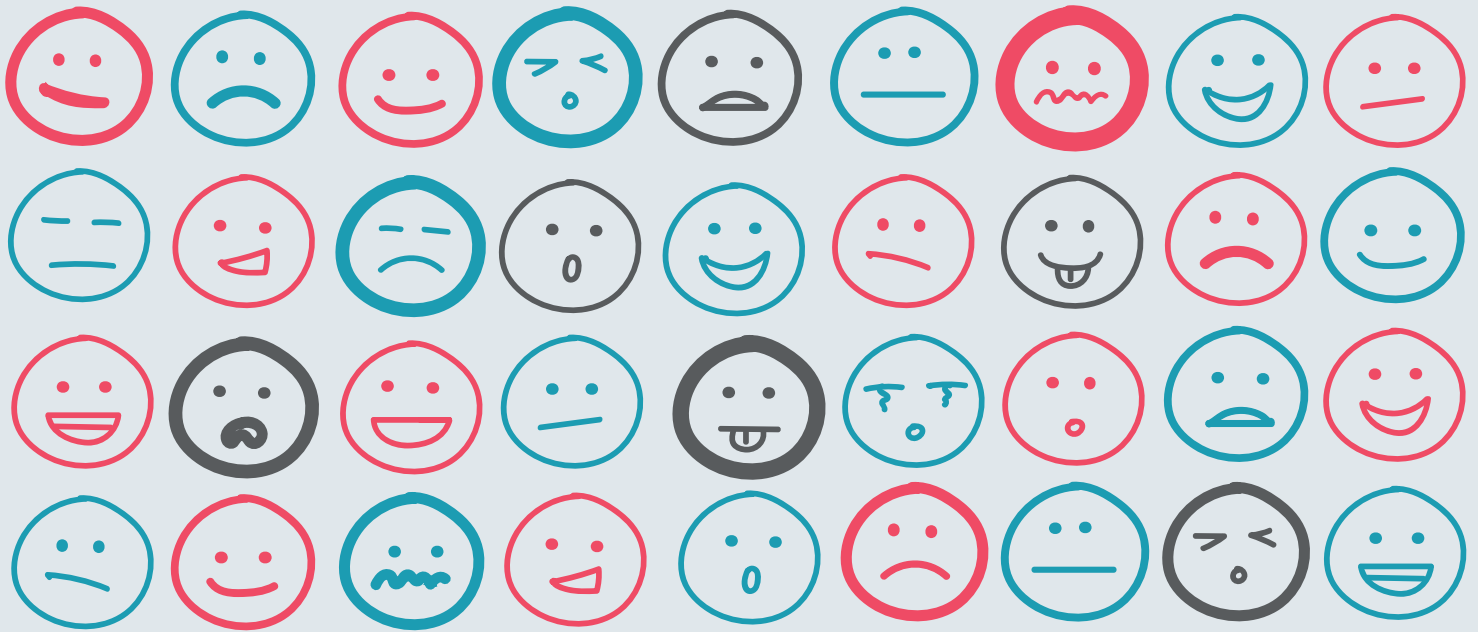


# PHYSICAL THERAPY AND MENTAL HEALTH



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 people with depression, and physical therapists work with people who may have depression alongside long-term health issues. Getting and staying physically active will help improve your physical and mental health. Talk to a physical therapist and discover an exercise or activity you find enjoyable and have fun!



ESJaSC Coimbra Health School | Portuguese Association of Physiotherapists

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

