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Wound Care and Physical Therapy Go Hand in Hand

By Lisa Crenshaw, manager of Rehab Services, DPT, Lincoln County Medical Center

Physical therapy may not be the first thing that comes to mind when you think of wound care, but physical therapists are actually a critical part of the wound management team

Along with providing standard wound care, physical therapists can also help patients with restoration of function to skin tissue after a wound. They provide comprehensive wound assessment and treatment by partnering with physicians and patients to make use of advanced wound care products and therapies to decrease pain and allow for faster healing.

According to the American Physical Therapy Association, physical therapists can apply therapeutic methods and techniques to enhance blood flow and create an optimal environment for wound healing.

The most common wounds that we treat in this community include diabetic wound ulcers and swelling of the legs due to venous insufficiency. These types of wounds can have a long-term impact on a patient's life, causing intense pain and discomfort. Treatment typically involves compression, special dressings and continuous monitoring to decrease the possibility of infection.

We also see patients who need treatment for pressure ulcers, second-degree burns, post-trauma and surgical wounds. Along with treatment, case management and wound prevention can be successful for those with chronic wounds or complex cases through education and long-term follow-up.

If you are struggling with a wound, we recommend that you seek help by reaching out to your primary care doctor or cardiologist for a referral.

Resources

American Physical Therapy Association: <https://www.apta.org/article/2020/10/30/analysis-value-physical-therapy-wound-care>

