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**Are you Smarter than a**

**5th Grader?**

Name 10 body parts that are 3 letters long (clue: these are basic terms, not anatomical terms)

1. Arm

**Stay tuned next month for the answers!**

**What Does It Take To Become a Physical Therapist?**

Physical therapists must obtain a bachelor’s degree in order to receive admission into a professional Doctor of Physical Therapy (DPT) program. A DPT program is on average 3 years long. Generally about 80% of the curriculum of a DPT program is classroom and lab based, while the remaining 20% is a clinical internship. After successfully passing the DPT program, all states require Physical Therapists to pass a licensing exam. The licensing requirements vary state to state, however all states are required to pass the National Physical Therapy Examination.

**Fun Fit Fact**

For every pound of muscle gained, your body creates 7 miles of new blood vessels!

**In U.S.A Today…**

The Top 5 injuries we see are:

1. Knee Meniscus Tear & ACL Tear
2. Cervical & Lumbar Disc Herniation
3. Shoulder Tendonitis
4. Hip Arthritis
5. Total Knee Replacement