

## Majority of Americans Say Losing Mobility Is Their Top Aging Concern – APTA Launches Campaign to Promote Health Span Longevity Through Lifelong Movement

**ALEXANDRIA, VIRGINIA – Oct. 7, 2025** – Today, the American Physical Therapy Association (APTA) launched "PT For Future Me," a new education campaign aimed at encouraging people of every age and ability to see physical therapy not just as a treatment for injury, but as a lifelong strategy to move better, age stronger, and live fully. "PT For Future Me" challenges the common misperception that physical therapy is only for acute care and rehabilitation. Instead, the campaign highlights all the ways physical therapy can be a vital part of proactive health and prevention — as routine and valuable as annual wellness checkups or regular dental visits.

A recent national survey commissioned by APTA uncovered a striking insight: 66% of respondents say their biggest fear about aging is losing the ability to do the things they love. "PT For Future Me" addresses this concern with a clear message: movement is a lifelong necessity. Physical therapy empowers people to take control of how they age by helping them preserve mobility, build strength, and stay engaged in the activities that matter most to them.

"Many people know what physical therapy is in terms of rehabilitation, but not as many understand its value to prevent injury, support lifelong mobility, and improve overall health for people of all ages and abilities," said APTA President Kyle Covington, PT, DPT, PhD. "With the 'PT For Future Me campaign,' we want to shift the mindset from seeing physical therapy as only a treatment for injury or surgical recovery to recognizing the role it can play in the lives of those who take a proactive approach to wellness and longevity."

Physical therapy meets people where they are, helping them stay strong, mobile, and resilient through every phase of life. Highlights from the survey include:

- **Childhood and Adolescence:** Physical therapy builds strength, confidence, and a foundation for lifelong health. Parents overwhelmingly trust physical therapists, with 88% expressing confidence in their ability to assess motor development and movement and intervene when needed.
- **Early Adulthood:** Physical therapy supports major life changes like pregnancy and postpartum recovery. Yet over 60% of mothers are unaware physical therapists can help them prepare for childbirth and postpartum healing.
- **Middle Adulthood:** Amid career and family demands and emerging physical challenges, physical therapy helps maintain strength and flexibility and prevent injury to keep adults active and thriving. Adults in their 40s to early 60s are more than 20% likelier to book a physical therapy visit for their future well-being than to consult a financial planner.
- **Older Adulthood:** Physical therapy is critical for balance, fall prevention, and independence. While 73% believe physical therapy supports healthy aging, most haven't seen a physical therapist in over five years.

"Physical therapy isn't just about recovery; it's about building resilience and unlocking your full health potential," said Scott Capozza, PT, physical therapist, Smilow Cancer Hospital at Yale Cancer Center. "Physical therapy offers an evidence-based, personalized way to improve how you move and feel. Regular

movement supported by physical therapy can lower the risk of heart disease, diabetes, and even some cancers, while boosting energy, mood, and confidence at every age.”

The "PT For Future Me" campaign equips people with the tools and information they need to make physical therapy part of a proactive health strategy. Resources include a comprehensive patient education toolkit covering the role of physical therapy across the lifespan, interactive materials to help people take charge of their health, and a "Find a PT" directory to locate licensed physical therapists. People can visit a physical therapist directly without a physician referral in all 50 states and Washington, D.C. To learn more, visit [choosept.com/future-me](http://choosept.com/future-me).

###

### **About the Survey**

Between May 1 and May 14, 2025, APTA conducted a national survey of 1,199 respondents, representing a diverse cross-section of the general population. The sample included individuals who had received physical therapy in the past year, prospective patients, mothers and expectant mothers, and recreational sports participants. The survey has a 95% confidence level and a margin of error of  $\pm 3.1\%$ .

### **About "PT For Future Me"**

PT For Future Me is a new ChoosePT public awareness campaign that highlights physical therapy's role in enhancing movement and function in people of every age and ability, promoting resilience throughout the lifespan. It emphasizes prevention, wellness, and the improvement of mobility and strength to support all aspects of work, life, and play. For more info, visit <http://www.choosept.com/future-me>.

### **About APTA**

The American Physical Therapy Association represents 100,000 physical therapists, physical therapist assistants, and physical therapy students nationwide. Visit [apta.org](http://apta.org) to learn more.

### **Media Contact**

Colleen Fogarty  
703-706-3216  
[public-relations@apta.org](mailto:public-relations@apta.org)