Your Name

Instructor Name

Course Number

Date

Title: Discussion Board

**Response: Part one**

Therapy for safe pain and avoiding chronic diseases with regular physical activity relates the physical therapy practices. Individuals for a life without pain, but when they become sick, to relieve from pain, they start medication, which leads to addiction, and this means they are increasing the risks. Doctors prescribe medication to patients; in some cases, these prescriptions are appropriate, but these are not always appropriate. However, medicine is not always a solution to relieve pain, and there are physical therapies, which can help for the safe management of pain and stress. Physical pain is managed by educating the patients and increasing the physical activities of patients. Chronic diseases can be avoided by regular physical activities, while chronic diseases include diabetes, heart attacks, depression, and anxiety. Patients are suggested to follow the physical therapies to avoid chronic diseases, and they get a therapy plan by the nurses or physical therapists. A positive aspect of the physical therapy practice is that these therapies help in relieving pain, whether it is physical pain, or it is depression.

**Response: Part two**

Education of nurses is important to understand the pain history of patients, and they will set therapies according to pain history of the patient. However, the requirement is that nurses have to understand the medical history of patients seeking physical therapies and they have to develop a better understanding related to diseases. According to a study, it stated that the patients who received education sessions got less treatment while those who did not receive the educational session were more likely to receive the medical treatments. Physical therapists can collaborate with the team members during the care of the patients by creating a space for better understanding with other team members. They can develop a positive relationship with participants so that they will treat them (George et al.).

Works Cited

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