

## References for Five Things Physical Therapists and Patients Should Question

### Recommendation No. 1: Don't employ passive physical agents except when necessary to facilitate participation in an active treatment program.

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## References for Five Things Physical Therapists and Patients Should Question

### Recommendation No. 2: Don't prescribe under-dosed strength training programs for older adults. Instead, match the frequency, intensity and duration of exercise to the individual's abilities and goals.

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