



Photos by Nina Tasi

Hannah Willcutt Speaks About When to Seek Out Physical Therapy

March 6, 2025

Sherry Williams, AIL Member

The AIL members who gathered for Hannah Willcutt's Understanding Physical Therapy: Key Insights & When to Seek Help presentation at Lethbridge Lodge on March 6 enjoyed an education and a workout in just over an hour!

Dr. Hannah Willcutt, PT, DPT led a lively interactive discussion about physical therapy that covered:

- What to Expect from Physical Therapy
- Local Options for Physical Therapy
- Insurance and Physical Therapy
- Education Standards for Physical Therapists
- Examples of When to Seek Physical Therapy

She explained that physical therapists are movement experts trained to understand how the musculoskeletal and nervous systems work. They apply their knowledge to helping patients in hospitals, private practices, home health agencies, outpatient rehabilitation practices, nursing homes, and medical practices. They assist patients of all ages who are experiencing issues with incontinence, movement, dizziness, and jaw, neck, or back pain.

Physical therapists must complete six to seven years of higher education and may then complete certification programs to specialize in particular areas of physical therapy. To become board-certified, the physical therapist must have a doctoral degree in physical therapy, complete at least 2,000 hours of clinical experience, and pass a certification exam.

Hannah stressed the importance of considering a physical therapy solution in the early stages of dizziness, injury, pain, or recovery from an injury or surgery. A proactive approach to physical therapy can prevent problems from worsening and reduce discomfort and recovery time. She noted that insurance providers usually do not require a physician's referral for physical therapy.

Throughout her presentation, Hannah responded to questions from the audience and answered each in depth. To illustrate how physical therapists work with patients, Hannah led attendees through a simple 10-minute workout routine focused on balance and strength. Everyone left the presentation informed and invigorated!

A graduate of Colby-Sawyer, Hannah received her undergraduate degree in exercise science with a minor in business management. She received her doctorate in physical therapy at Northeastern University. Hannah has been practicing since 2020 and has completed multiple certifications. She founded a mobile clinic, Valley Roots Physical Therapy, serving the Kearsarge Valley. For more information, visit www.valleyrootspth.com.

Have an idea for a future AIL program? [Use this form](#) to let us know!