

## **Healthcare to Health: Integration of a Health-Focused Model into Physical Therapy Practice**

As our profession continues to add value to our healthcare system, Physical Therapists and Physical Therapist Assistants are seeking models of health care delivery to optimize the human movement experience. Optimizing an individual experience will need to be supported by a community or environment that facilitates a behavior change process, a clinician armed with tools needed to facilitate behavior change, and an understanding of how an individual functions within their own unique ecosystem. Large databases are now available for PTs and PTAs to integrate a population based, health-focused model of care delivery useful to reduce healthcare burden and reduce lifestyle behavior risk factors. The integration of population level health data can be used to better understand our operational environment and produce a targeted individual-level risk reduction strategy leading to an optimize human movement experience.