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**Congratulations on your graduation from physical therapy!
Thank you for all your hard work, attentive listening, and dedication**

We love hearing success stories from our patients, past and present

What are a few things you learned about physical therapy, your body, or your condition from coming to Capital Area Physical Therapy (how did we educate you on: pain, postures, positioning, body mechanics, how to protect yourself, etc)?

I learned how to strengthen muscles that would enable me to walk and climb stairs properly and without pain. Also techniques for stretching and gaining better balance.

Think back to when you first started coming. What are a few things you can do now that you were unable to do before working with us?

I can now get in and out of the car, pain free and I can now walk with a normal gait without pain.

Can you think of any other comments or advice you would give to future patients of Capital Area Physical Therapy and Wellness?

Listen to the advice you are given and be diligent about doing your exercises at home.