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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)?

There is a difference between pain and fatigue

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 am able to walk w/out pain
gained full range of motion in my shoulder

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

It is very important to ~~exercise~~
do stretches and exercises at home