



Andrew Gaetano, PT, DPT, OCS, CSCS
Evan Marsh, PT DPT
7 Hemphill Place Suite 130, Malta NY 12020
518-289-5242

**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)?

Good posture is key. Exercising the different muscle groups around the shoulder strengthens the shoulder itself.

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?

Lift medium weight above waist.
Sleep without putting my arm in a specific position.

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

Listen carefully.
Do your homework.