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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 realized my personal routine and practices was setting me up for injury. Andrew and Evan showed me the correct motions and exercises to help me do more and avoid injury and pain.

**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 perform better home exercises, walk longer with my dogs, perform home duties without pain and work better in the office without discomfort and distraction

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

Be clear and honest where it hurts and what your goals are - up front. Keep an open mind, listen and try things you are shown with your best effort. Do things right may feel awkward at first. Progress does not include over-stress and should be pain free ~~as~~ quickly.