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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)?

One important thing I learned while coming to physical therapy is pain can come from surrounding muscles over compensating for the weaker ones.

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?

Coming to physical therapy helped me work on my strength overall and improved my lateral movements with my knee.

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

When doing the exercises make sure to focus on the muscles you are trying to strengthen.