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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)?**

SHOWED ME EXERCISES TO PROTECT MY  
BACK MUSCLES

**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 HAVE COMPLETE RELIEF FROM THE PAIN  
IN MY UPPER BACK. I CAN NOW MOVE!

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

IF YOU HAVE ANY MUSCLE OR JOINT  
PAIN TRY PHYSICAL THERAPY. IT WAS 100% RELIEF  
FOR ME!