



CAPITAL AREA
PHYSICAL THERAPY
& WELLNESS

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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 learned that I need to use my core instead of relying on my hips. I also know not to let my knees concave in and I need to warm up my muscles before exercising.

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 now do sprints without my hip bothering me and I am more flexible than when I came. I am also able to use my core. After I can do sports and not be affected by my hips.

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

I would tell them to listen to their physical therapist and do the exercises that they give you in order to get better.