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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)?**

foot or knee pain is not just a problem of the foot or the knee; it has to do with how the foot or knee relates to the connector muscles + larger muscles -

**Think back to when you first started coming. What are a few things you can do now that you were unable to be before PT?**

I can spend 20 minutes on my elliptical machine w/o activating knee pain; I can get my body into a neutral pelvis position + it, in turn, effects the position of my knee + foot -- for the better!

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

stick with it; practice at home; be patient, the improvement will come!