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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)?

#1) Pain does not mean stop progressing. This was key to me as I was able to "loosen" or lessen pain w/ continued stretching.
#2) Proper positioning during various stretches (hips, knees, BACK)

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?

Complete ~~exercise~~ exercises correctly. Knowing which muscles should be firing and which should be relaxed. Confidence in the knowledge I am not fighting the back muscles.

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

When entering PT, it is crucial to have an open mind - a willingness to change, learn, and improve.
Stick with it - change is not easy.