



Andrew Gaetano, PT, DPT, OCS, CSCS
Evan Marsh, PT DPT
7 Hemphill Place Suite 130, Malta NY 12020
518-289-5242

**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)?

no pain medications could touch the pain I had. I need to sit straight with shoulders back, head up & when I feel pain to practice chin & neck exercises

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 had constant neck shoulder pain - could not sit in a chair - was always slouched over. I can now move my head all the way to the sides & all the way back - sit in almost any chair with correct posture

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