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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)?

Pain is a conditioned response. Posture is important when sitting and walking. Everyone will get some level/degree of arthritis typically not due to injury.

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?

Give 3 year old son piggy back ride, look in all directions pain free.

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

~~Try~~ Try your best to do as much of recommended exercises at home, they help! Ask questions.