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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)?

Using correct posture and standing not
locked leg, helped balance

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 now don't stand locked leg and I have
better balance and control.

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

learned a lot, helped understand my
problems. fun, would ~~recommend~~ ~~recommend~~
recommend to many.