



ALLIED  
**Physical Therapy**  
WELLNESS COMMUNITY™  
*Get back to what you love*

# Collaboration Power

## The Power of Collaboration in Healthcare

*Including friends, family and other healthcare providers improves outcomes!*

Physical therapy isn't a solo effort. To get the best results, we work closely with your doctors, specialists, and – most importantly – your family. Research shows that when healthcare providers communicate and coordinate care, patient recovery rates improve by 30%. That means fewer complications, faster progress, and better long-term outcomes.

But it's not just about the medical team – it's about you and your family, too. Recovery is tough, and having family support can make all the difference. Studies show that patients with engaged family members see a 25% increase in adherence to home exercise programs.

This is why we encourage family members to attend therapy sessions, learn techniques, and ask questions. Your recovery isn't just about what happens in the clinic – it's about what happens at home, too.

In this month's Wellness Connection video, Dr. Matt explains the importance of collaboration in all facets of healthcare – and introduces a new video series to connect with other members of the local healthcare community.

Call us today at (239) 242-0070 to begin your own journey back to what you love!

SCAN HERE WITH YOUR PHONE  
TO SEE OUR VIDEO!



## DRY NEEDLING

Allied Physical Therapy Wellness Community now offers dry needling – a therapeutic technique performed by licensed healthcare professionals, including physical therapists, where thin, filiform needles are inserted into trigger points, tight muscles, or dysfunctional soft tissue to release muscle tension, improve blood flow, and alleviate pain by stimulating a local twitch response (a reflexive contraction of the muscle). Helpful for relief of muscle spasms, tightness and much more. [Scan the QR code above!](#)



**1469 SW 4th Terrace • Cape Coral FL 33991**

Our state-of-the-art clinic is conveniently located near the intersection of Pine Island Road and Chiquita Blvd in Cape Coral, behind the Aldi supermarket.



(239) 242-0070



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