



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

Allergy Relief

Making allergies a little less awful 🤧

Dr. Matt has some advice for coping with this wonderful, awful time of year!

It's spring in Southwest Florida! The roads are a little less crowded, the weather is dry and absolutely beautiful – and pollen is making a lot of us absolutely miserable!

That fine yellow-green dust that settles on our cars and finds its way through our window screens has many of us closing up the house and running the air despite the temperate weather. If you suffer from seasonal allergies – the fight is real. You are well-acquainted with the upper respiratory symptoms that can make a beautiful day outdoors seem like absolute torture: swollen, burning, red and itchy eyes, scratchy throat that feels like you have swallowed sand – and for the crown on all that misery – a nose that only stops running long enough for you to work in a sneeze (Okay, ten sneezes). Might as well buy stock in a paper company to support all the tissues you will go through.

In this month's Wellness Connection video, Dr. Matt gives you a few tips to survive allergy season so you can get out and enjoy this beautiful Southwest Florida weather!

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!



LASER THERAPY

Did you know that laser therapy can speed healing 🏥 for some physical therapy patients? originally developed in the 1960s, laser therapy has steadily gained in popularity due to its effectiveness in promoting healing and reducing pain. Using specific wavelengths of light to penetrate the skin and tissues, laser light energy is absorbed by the cells, leading to a series of biological processes that promote healing. Available at Allied as an add-on to traditional physical therapy treatment. **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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