



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

# How to Watch TV

**Did you know there is a “right way” to watch TV? 📺**

***Tonight’s slouchy lounging can become tomorrow morning’s backache!***

With all your favorite programs returning from their summer hiatus, your family is probably spending an hour or two longer in front of the TV each night, eager to catch up with your favorite characters.

But, the fact is many of us will awaken each morning with that nagging pain in our backs that results from being improperly seated.

In this month’s Allied Physical Therapy *Best of Wellness Connection* presentation, learn the best way to position yourself while you’re watching so that you can awaken pain-free; ready to discuss your favorite program’s most recent episode with your family, friends and colleagues.

Just scan the QR code below with your phone to watch our short, two-minute video!

if you are still experiencing back pain after making these recommended adjustments, call (239) 242-0070 to make an appointment with one of our experts today, or visit us online at [alliedpt.com](http://alliedpt.com) to request an appointment online. We look forward to helping you get back to what you love!



SCAN HERE WITH YOUR PHONE  
TO SEE OUR VIDEO!



## REVIEW YOUR MEDICARE BENEFITS NOW!

Medicare Open Enrollment is taking place now through December 7, and it is important that you take the time to review your benefits. Many healthcare providers are scaling back their participation in Advantage plans due to pre-authorization delays and denials of necessary health care. In many cases, traditional Medicare offers the best choices. Scan the code above to download the official Medicare handbook and choose whatever plan is best for **you!**



**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**



FOLLOW US ON  
SOCIAL MEDIA!

**[alliedpt.com](http://alliedpt.com)**

