



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

Fall Prevention

Do you have hidden hazards in your home waiting to trip you?

Discover how to find and eliminate trip and fall hazards

Dr. Matt has seen a lot of injuries during his 24 years in practice – everything from falling over open dishwasher doors to falling down stairs to being pulled down by an over-zealous pet. Every home has hidden – as well as plain-sight – hazards that can trip you up and cause serious bodily injury.

Kitchen: Clean up spills, keep cupboards and appliances closed, and make sure rugs are non-skid.

Bathroom: Keep floors dry, add non-skid decals to bathtub, add grab bars near toilets and in shower, and use raised toilet chair with arms if necessary for balance.

Living Room: Pick up toys, keep electrical cords out of sight, and minimize sharp corners on furniture.

Pets: Always let the leash go if a dog bolts!

If you have suffered a fall, don't wait! Call (239) 242-0070 to make an appointment with one of our highly trained physical therapists today, or visit us at alliedpt.com to request an appointment online. The time is NOW to get back to what you love!

SCAN HERE WITH YOUR PHONE
TO SEE MORE IN OUR VIDEO!



BACK PAIN & SCIATICA

The most common complaint that we hear at our clinic is back pain. In many cases, the pain is rooted in a common merry-go-round pain response: You stop moving because it hurts – and it hurts because you have stopped moving. The back pain experts at Allied can help you get off that merry-go-round – and teach you how to stay off! Some will find relief from very mild back pain with a simple set of stretches that can be done before you even get out of bed in the morning! [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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