



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

# Keep Safe Around Pets

## How to avoid injury while enjoying time with man's best friend

Pets – especially dogs – are our best friends for a reason! They keep us company, they entertain us, and they keep us on our toes. Often, they also help to keep us active – because we need to walk them several times a day. This is not only good for the dog – it's good for us too!

But sometimes, our pets can trip us up or knock us over – leading to an unexpected visit to the emergency room! Allied has seen more than a few patients come through their doors in need of therapy after a dog has pulled them down or caused a fall.

In this month's Wellness Connection video, Dr. Matt and his guest, Melissa (along with her faithful companion, London), talk about some ways you can avoid injury while dealing with your own – or someone else's pets.

Whether you're seeking help recovering from an injury or surgery, or striving to optimize your balance or performance, Allied Physical Therapy Wellness Community is here to help you achieve your goals – acting as your guide on your journey to rediscover joy, vitality, and the freedom to live life to the fullest.

Call us today at (239) 242-0070 to begin your own journey back to what you love! Just scan the QR code below with your phone to watch our video!

SCAN HERE WITH YOUR PHONE  
TO SEE OUR VIDEO!



## TMJ / TMD?

*Did you know Physical Therapy can help?*

Grinding, clicking, and pain in the jaw joints (TMJ) can signal temporomandibular joint dysfunction (TMD). If cheering, chewing, laughing or even kissing your favorite face causes you to wince – it is time to see one of Allied's TMJ experts. We can help make eating, laughing and cheering your favorite team to victory pleasurable again!



**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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