



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

Allergy induced Vertigo

if you're feeling off-balance thanks to seasonal allergies, Physical Therapy can help!

Seasonal changes can lead to a rise in scary vertigo episodes, especially for first-time sufferers: the room spins, you feel like you're free-falling even though you're not moving, and waves of nausea overwhelm you as you sweat profusely. Frequent episodes of vertigo can seriously impact an individual's quality of life.

Learn why vertigo spikes with seasonal transitions and how to manage symptoms effectively with physical therapy in this month's Best of Wellness Connection video. Dr. Matt explains what causes positional vertigo and vestibular weakness and offers strategies for coping with this and other issues that can affect your sense of balance.

Whether you're recovering from an injury, managing a chronic condition, or striving to optimize your 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!



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.

SCAN HERE WITH YOUR PHONE
 TO SEE OUR VIDEO!



(239) 242-0070



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