



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

What IS a Physical Therapist?

It's a question we hear in one form or another all of the time. What is a physical therapist? What does a Physical Therapist do? Are you a Doctor? Are you a "real" doctor? What kind of an education do you have?

In this month's Best of Wellness Connection Video, learn what physical therapists are qualified to do – and what kind of education they have completed to become licensed.

DPTs (Doctors of Physical Therapy) are qualified to evaluate injuries, identify functional limitations, develop treatment plans, provide rehabilitation after surgery or injury, improve strength and mobility, reduce pain, and help prevent future problems.

We guide recovery for conditions involving joints, muscles, nerves, balance, and movement. Our doctoral-level training means we are highly educated in the science of movement and rehabilitation, allowing us to provide expert, patient-centered care safely and effectively.

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! Watch now by scanning the code, below right!

SCAN HERE WITH YOUR PHONE
 TO SEE 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



FOLLOW US ON
 SOCIAL MEDIA!

alliedpt.com

