



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

Get on that boat safely!

Did you know that 437 people were injured in boating-related incidents in the state of Florida last year? Many of these boating injuries are not dramatic crashes — they include falls, slips, impacts, and people losing balance while moving around the vessel. And those are only the incidents that were reported to the Coast Guard.

In our video link below, Dr. Matt visits with his boat captain uncle to learn the best way to board and disembark from a boating vessel to keep yourself safe. Hint: *The BEST thing you can do for your safety is LISTEN to your captain!*

Three things to remember:

- 1. Maintain three points of contact:** Always keep two hands and one foot (or two feet and one hand) secure when boarding or stepping off. Never jump!
- 2. Wait for the boat:** Time your move when the boat is steady — don't step during rocking or while it's drifting away.
- 3. For boarding, face the boat and step, don't climb:** Turn your body toward the boat, step deliberately, and use handholds instead of pulling yourself up with your back

Even these small reminders can make a big difference between a fun day on the water and a trip to the emergency room. If you find yourself suffering with aches and pains after a summer boating trip, please give us a call at (239) 242-0070. Our physical therapists are skilled in helping you work out those kinks so you can get back to what you love!

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



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