



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

Wake Up & Arrive Alive!

How to avoid fatigue when driving long distances

The best time for a nap is definitely NOT when you are behind the wheel of a two-ton automobile! Yet, every year, an estimated 91,000 crashes in the United States can be attributed to drowsy driving – with the actual numbers probably much higher. AAA estimates that drowsy driving may be responsible for nearly as many highway fatalities each year as drunk driving.

Three things you can do:

1. **Get adequate sleep** before you leave and avoid starting a long drive if you're already tired or sleep-deprived.
2. **Take a break at least every two hours**, stretch your legs, and, if you're feeling sleepy, take a 15–20 minute nap before continuing.
3. **Share the driving when possible** and watch for warning signs such as frequent yawning, heavy eyelids, drifting out of your lane, or missing exits—if these occur, stop and rest.

Even these small reminders can make a big difference! And remember, if you find yourself suffering with aches and pains after a summer road 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 the QR code at right to see our drowsy driving video.

SCAN HERE WITH YOUR PHONE
TO SEE OUR VIDEO!



DRY NEEDLING

Allied Physical Therapy Wellness Community now offers dry needling – a therapeutic technique performed by licensed healthcare professionals, including physical therapists, where thin, filiform needles are inserted into trigger points, tight muscles, or dysfunctional soft tissue to release muscle tension, improve blood flow, and alleviate pain by stimulating a local twitch response (a reflexive contraction of the muscle). Helpful for relief of muscle spasms, tightness and much more. [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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