

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

SAVE your butt!

STOP the Toilet Doomscrolling!
Leave the phone outside

Did you know that people who take their smartphones into the bathroom with them are nearly 40% more likely to sit on the toilet for a lot longer than it takes to complete their business? Sometimes up to 30 minutes or more!

Sitting over a hole for prolonged periods does not provide the proper support that pelvic floor muscles need, and can lead to rectal prolapse, hemorrhoids, and even incontinence. And it gets worse when we consider the germs and damage to your head, neck and shoulder posture.

In our all-new Wellness Connection video, Dr. Matt discusses why doomscrolling on the toilet is a BAD idea! So, watch what he has to say, then leave the smartphone outside while you take care of business in 5 minutes or less!

If you find yourself suffering symptoms of rectal prolapse, hemorrhoids, or incontinence, our pelvic floor team is standing by ready to help you.

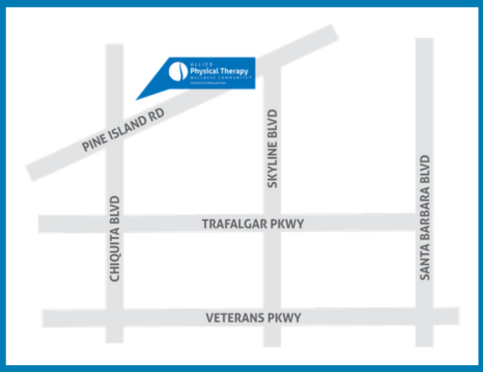
And if your poor toilet doomscrolling posture has your head, neck and shoulders feeling out of sorts, Allied's craniofacial team can help. Just call (239) 242-0070 to make an appointment, or visit us online at alliedpt.com for more information.

SCAN HERE WITH YOUR PHONE TO SEE OUR VIDEO!



REVIEW YOUR MEDICARE BENEFITS NOW!

Medicare Open Enrollment is taking place now through Dec. 7, 2026 and it is important that you take the time to review your benefits. Many healthcare providers are scaling back their participation in Advantage plans due to pre-authorization delays and denials of necessary health care. In many cases, traditional Medicare offers the best choices. Scan the code above to download the official Medicare handbook and choose whatever plan is best for **you**!



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