



# PHYSICAL THERAPY

Our dedicated Physical Therapy team at 1st Care At Home is committed to enhancing lives by providing expert rehabilitative programs that restore mobility, alleviate pain, and foster strength.



## YOUR HEALTH IS OUR PRIORITY

We believe in the power of movement to bring about positive change, and our team is here to guide you through every step of your recovery journey.



### Holistic Approach to Healing

From assessing your unique needs to crafting personalized rehabilitative plans, our Physical Therapy team takes a holistic approach to help you regain your independence and well-being.



### Strengthening and Pain Relief

Whether you're recovering from orthopedic injuries, knee or total hip replacements, or seeking relief from chronic pain, our team is here to help you build strength and find comfort.



### Support After Stroke or Cardiac Events

We understand the challenges that come after a stroke or cardiac event. Our Physical Therapy programs are designed to aid your recovery journey, restoring mobility and enhancing your quality of life.



### Navigating Parkinson's Disease

Our experienced therapists are skilled in creating programs that address the unique needs of individuals with Parkinson's disease, fostering movement, balance, and overall well-being.



### Overcoming Arthritis and Degenerative Conditions

Whether you're facing arthritis or degenerative joint and bone diseases, our Physical Therapy team provides specialized care to help manage symptoms, improve mobility, and enhance your daily life.

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"Movement is a medicine for creating change in a person's physical, emotional, and mental states." - Carol Welch

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We recognize that each individual's journey is unique, and our Physical Therapy team is dedicated to creating a tailored plan that empowers you to achieve your goals. Whether you require standalone Physical Therapy or it's part of a comprehensive care plan, we're here to support you every step of the way.