



*One-On-One care*

Gainesville Physical Therapy & Wellness, LLC  
"Where People Matter and Results Count"

4113-C NW 6th Street  
Gainesville, FL 32609  
(352) 376-6300  
[www.gainesvillephysicaltherapy.com](http://www.gainesvillephysicaltherapy.com)

Gainesville Physical Therapy & Wellness, LLC  
"Where People Matter and Results Count"

*be yourself again.*



## our commitment

People matter and results count at Gainesville Physical Therapy & Wellness. Our number one priority is making sure that you, the patient, reach your goals. To do that, we provide compassionate, one-on-one care and evidence-based treatments.

we care about *your wellness*

"Therapy that changed my life."



Our nurturing staff is committed to your successful rehabilitation and will ensure that you get the most out of your physical therapy experience. We've developed a modest, intimate facility that presents a patient-centered environment with ample one-on-one time between therapist and client.

After our patients complete physical therapy, we develop a schedule for continued progress at home. We strive to help you keep enjoying the things you love to do.

We look forward to serving you.

## we are highly *trained* and skilled in treating:

- Low Back Pain
- Cervical Pain
- Arthritis & Fibromyalgia
- Osteoporosis
- Scoliosis
- Gait and balance difficulties
- Poor Posture and other postural challenges
- Post surgical Rehabilitation
- Shoulder injuries
- Knee Injuries
- Ankle Injuries
- Hip Injuries
- Orthopedic and Sports Injuries
- Amputee and Prosthetic Training

Gainesville Physical Therapy & Wellness, LLC  
"Where People Matter and Results Count"

*experience one-on-one care*  
with results.

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Gainesville, FL 32609  
Office: 352-376-6300

Hours of Operation:  
Monday-Thursday 7 a.m.-7 p.m.  
Fridays 7 a.m.-5 p.m.

*\*Special arrangements can be made for your convenience.*

## the *wellness* program

Our comprehensive step-down wellness program is available to new and returning patients at a reasonable cost.

*"Keeping You Moving,"* promotes continued learning and encourages prevention of other injuries, falls, aches and pains.

## feet and *orthotics*

We understand the importance of how properly balanced feet can dramatically decrease aches and pains a person may have in their feet, knees, hips, and low back, as well as improve their posture, balance, and gait (how they walk).

Rather than a one-size-fits-all limitation, the QuadraStep orthotic system provides shoe inserts biomechanically tailored to your specifications.

Gainesville Physical Therapy and Wellness is the only clinic in Gainesville with QuadraStep-trained practitioners.

