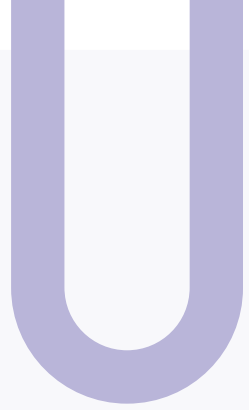




Physical Therapy

IMPROVE MOBILITY • REDUCE PAIN • RESTORE FUNCTION



Take the first steps to a healthier, more active lifestyle with our support at Nice. In our physical therapy sessions, teamwork is key, and you're the star player. Our skilled team of physical therapists is dedicated to guiding you through this journey.

Nice's physical therapy service can help you:

- Enhance your mobility and movement.
- Alleviate discomfort and address pain.
- Restore your full range of strength and function.
- Provide strategies to prevent future injuries.

Our therapists collaborate closely with you to craft a personalized plan to meet your specific goals and requirements. If needed, you'll receive a resistance band and mobile app to guide you through your exercises between check-ins.

We emphasize understanding the reasoning behind our treatments, working in coordination with your primary care and mental health clinicians.



Schedule a physical therapy visit simply by selecting Physical Therapy when prompted with "How can we help?" when filling out the intake form.



How do I get started?

Sign into the app. You can download the app using the QR code or by searching for "Nice Healthcare" in your app store.

