

NORTH SHORE PHYSICAL THERAPY ASSOCIATES

NOW OFFERS WELLNESS PROGRAM



North Shore Physical Therapy in Marblehead now offers a WELLNESS PROGRAM in addition to the physical therapy services. The goal of the program is to establish a baseline of your musculoskeletal health and reduce the risk of future health problems by promoting a safe and healthy lifestyle. When you understand the risk factors that affect your long term health and how your present health compares to peers of your age, you have a road map to live a long healthy lifestyle.

Our WELLNESS PROGRAM is a comprehensive assessment consisting of tests and measures from evidence based research that is approved by the American Physical Therapy Association (APTA) that will establish your present level of health. At the conclusion of the assessment you will be given recommendations to modify your lifestyle choices and advise on how to proceed. You can choose a variety of ways to improve your health and you can choose as much guidance as you need to be successful with your goals.

Call now at 781-631-8250 to set up an appointment for your Future Health