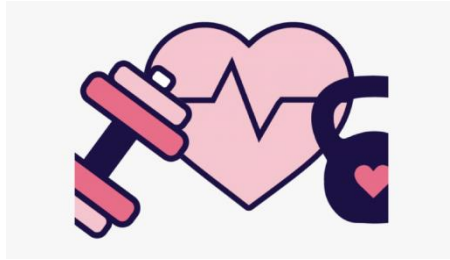


Transitions Program



Physical therapy helps you get back on your feet after injury, surgery, or chronic pain. Movement and feeling better are key in maintaining your health.

Here at Gray Physical Therapy, we care about our patients even after therapy service ends.

The Transitions Program is an optional, post therapy program, we provide for our patients after being discharged from PT services. Your sessions will be in a small group or one-on-one setting depending on availability.

The goal is to promote good habits for your health and wellness.

How The Program Works:

- * **We can revisit exercises from your PT and explore new ones as you progress**

- * **Allows you to focus on new goals**

- * **Work with on-site certified personal trainer, at a deeply discounted cost**

- * **Self-pay, due at the beginning of your session**

- * **\$80 for 4 weeks, total of 8 visits**

- * **Appointment based visits, to be made within two-weeks after last PT appointment**

We hope that you take advantage of this opportunity to continue to gain more strength, confidence and wellness.

**The Fitness Center
@ Gray Physical Therapy
205 Portland Rd, Gray, ME 04039**

**Call or email Dee to schedule
207-657-8315
dsnow@grayptcenter.com**