



Physical Therapy

IMPROVE MOBILITY • REDUCE PAIN • RESTORE FUNCTION

Incorporating exercise and movement into your daily routine enhances your day-to-day life while preventing long-term injuries. Let Nice guide you toward a healthier, more active lifestyle!

Nice's physical therapy service can help you with:

- Discomfort from sitting at a desk all day
- Soreness from lifting heavy objects
- Issues from a recent driving accident
- A recent injury that's still recovering
- Desire to prevent future injuries

Receive an initial assessment, periodic check-ins and an exercise plan.

During the assessment, our physical therapists identify the best treatment approach for your condition and help you understand the rationale behind our treatment choices. Subsequent check-ins help us track your progress and make necessary adjustments to the treatment.



Schedule a Physical Therapy visit with one of our licensed PTs within the Nice app!



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.

