

Testimonials

“I would like to thank you for helping me to relieve the acute arthritic pain in my left knee through therapy and exercise. This is my fourth time having physical therapy and I wish I had found you before. The individualized one-on-one therapy that you provided has accounted for my success in achieving a pain free knee. I enjoyed your personable and positive approach in teaching me how to exercise correctly. You provided a relaxing and comfortable environment which helped me look forward to the treatments. The ice packs at the end were the best. If I should need physical therapy again, you bet I’LL BE BACK.”

Yvonne D, Castleton



“I came to Advantage Physical Therapy with muscle/joint pain in my neck. The pain interfered with every day activities. Following therapy with John, the pain is completely gone. I have no more soreness in my neck, shoulder or arm! Thanks John!”

Robin H, East Greenbush

“This is the second time I’ve been to Advantage Physical Therapy. The problem this time was the pain I was having in my left leg from the back of the knee down to my foot. With John’s therapy the pain is gone and I find walking a lot easier. John is a true professional and has helped me immensely each time I have been here. “

John S, Castleton



“A little over two months ago I compressed two disks in my lower spine. At times it left me unable to walk, sit in a stationary position, keep my balance, and perform general day to day activities. Working with John at Advantage Physical Therapy has relieved me of the pain and enabled me to forgo the pain relievers and anti inflammatory drugs I had been taking. My strength has improved greatly. Thanks John and Advantage Physical Therapy!”

Carl B, Schodack