

CARRIE PROVENCAL, PT, CPT

LICENSED PHYSICAL THERAPIST
CERTIFIED PERSONAL TRAINER
ORTHOTIC FABRICATION SPECIALIST

Experience in Education Put into Practice

"Education is the fundamental building blocks for a sound Physical Therapist. I hope to continually enhance my knowledge in the fields of Physical Therapy and personal training and to incorporate both in helping those who strive to achieve overall health and well being."

BS: Physical Therapy, Quinnipiac College, Hamden, CT
Certified Personal Trainer

Staying Fit is about Symmetry

"My philosophy is that the best way to get fit, stay in shape and be injury free is to maintain symmetry between strength and flexibility. The human body functions optimally when in balance. The key is to find an exercise program both fun and challenging that is specifically working towards your goals. Being well rounded allows you to strive towards your goals, whatever they may be."

Having Goals in Life is Important

"As a Physical Therapist, I specialize in manual therapy techniques, biomechanics of the lower extremities and the fabrication of orthotics. I hope to help design a PT program that will show you how to work towards a goal to address current injuries, help enhance recovery and help you learn how to prevent your injury from coming back. We will help you find obtainable goals for you to be successful, either in your work, with your family or to enhance your life."

Lecturer, Running Clinic and Sports Medicine Specialist

"Our common goal at Ramsey Rehab is to help people who have injuries, illnesses or conditions that can be helped through modern physical therapy methods and techniques. When you are in pain, you don't want to wait for help. That's why we usually see you within 24 hours of your call for an appointment, and we help you recover in less time, too. It's rewarding to see people get back to their healthy lifestyles so quickly."

Ramsey Rehab
Superior results without the wait.
www.RamseyRehab.com

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