

# Cape Concierge PT NEWSLETTER



## Welcoming Cheryl - Vestibular Specialist!

We're thrilled to introduce Cheryl Clarizio, our newest addition to the team. Cheryl has been a physical therapist for over 30 years, and she specializes in vertigo and concussion management. Her expertise is going to be a game-changer for many of you who may be dealing with these issues. We believe in providing you with the best care, and Cheryl's knowledge and skills are a testament to that commitment.

### Understanding Vertigo and How PT Can help

Vertigo can be incredibly disorienting and can be caused by a number of things. One common form of vertigo is called BPPV, or **Benign Paroxysmal Positional Vertigo**. BPPV is often caused by tiny crystals in your inner ear getting out of place. Symptoms can include dizziness, spinning sensations, nausea, and vomiting. The good news is, physical therapy can work wonders in repositioning these crystals and helping you regain your balance.



### Empowering Young Athletes: Concussion Management with PT

We understand that concussions can be scary and life altering, especially in young, competitive athletes. Physical therapy can help you achieve a full and speedy recovery by performing a thorough evaluation and giving a tailored exercise program. Cheryl will get you back on the field in no time!

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## Sports Screening: Are you ready for the Fall to Winter sport transition?

With a change in sports comes new demands on the body. For many, this means an increased risk of injury! We understand your coaches might not want you practicing for basketball during soccer season, but that doesn't mean you shouldn't be prepping your body for the switch. At CCPT we offer a comprehensive sports injury prevention screening to help you have a safe transition between seasons.

## Your Voice Matters: Should We Bring in a Nutritionist?

We value your input, and we want to make sure we're addressing all your health and wellness needs. To better serve you, we're considering bringing in a nutritionist. But before we make any moves, we want to hear from you! Check out our survey and let us know your thoughts. Your opinion counts.

[CLICK HERE](#) to fill out our survey!

**Ready to take the next step towards your health and wellness journey?  
Don't wait any longer!**

🌐 Book an appointment online at [www.capeconciiergept.com](http://www.capeconciiergept.com) today and experience the transformative care we offer.

For those seeking weekend appointments, we've got you covered! Upon request, we're now offering weekend appointments with a small \$40 surcharge. Your well-being is worth it!

Follow us @CapeConciergePT!



Thank you for being part of our Cape Concierge PT family. Together, we'll continue to empower and support your journey to optimal health and wellness.

With gratitude and excitement,

Your Cape Concierge PT Team