

# AGILITY PHYSICAL THERAPY

## Committed to Keeping a Community on Its Feet

WRITTEN BY JOY FREEMAN & PHOTOS PROVIDED BY AGILITY PHYSICAL THERAPY  
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Moving every day has the capacity to improve every part of your body, from your brain to your joints, and, at times, physical therapy can be essential in keeping it in optimal condition. That's when you'll want to get to know the team of professionals at Agility Physical Therapy, who can help you on your journey toward recovery.



Physical Therapist Assistant and Practice Liaison Jennifer McGaw shares that she has been with Agility Physical Therapy since its start. She enthusiastically explains that Alan Dalton, a Board-Certified Specialist in Orthopedic Physical Therapy, saw a wonderful opportunity when he established Agility Physical Therapy in 2010. A Florida native and long-time Venice resident, he has staffed his company with many professionals who grew up, went to school, and played sports locally. Jennifer relates, "Alan's philosophy of compassion, giving, and caring for people has created an atmosphere where you will often hear patients and clients say that they felt immediately safe, comfortable, and almost instantly like they were part of a family."

Agility's services extend far beyond physical therapy with experts trained in many specialty areas. Aside from post-surgical and trauma rehabilitation, Agility PT offers the Big and Loud Program that helps Parkinson's patients improve function and slow deterioration. PT specialists and a golf professional can help you get your swing back and improve your posture, form, and game. Blood Flow Restriction Training can help you build back muscle more easily. Additionally, a specially trained Neuro team and a Solo Step Harness System can benefit patients with vertigo or balance problems. If that isn't enough, Agility provides specialized sports programs for athletes and Alan has placed certified licensed athletic trainers in an outreach program to work



PHOTO BY KELLI TINDALL



within local high schools with a variety of athletes, placing special emphasis on injury prevention and return to sport protocols for injured student-athletes.

Community-mindedness is front and center at Agility PT. Jennifer says that you will find Alan, his family, and staff members regularly attending Friday night sport events. The spirit of giving flourishes at the company as it supports many local charities and fundraisers throughout the year, and its staff helped many patients during the Hurricane Ian recovery phase.

Guided by the goal of getting and keeping people healthy, the team is always there to help patients in any way they can with scheduling, insurance claims, and other questions. If you have fears, questions, or concerns, they want to help you.

Jennifer is very excited to share that Agility will be opening a third location in Wellen Park sometime in 2023 and encourages people to check out the website [ImproveMyAgility.com](http://ImproveMyAgility.com) where they will find detailed information about all the available services and staff.

Get to know Agility Physical Therapy, where the love of community and people is a part of everyday life.

For more information about this advertorial, all clinic hours and locations, or to make an appointment, call 941.484.8107 or log on to the comprehensive website, [ImproveMyAgility.com](http://ImproveMyAgility.com). Located in Pinebrook Plaza, at 834 Pinebrook Road, in Venice, Agility Physical Therapy is open from 6:30 a.m. to 6 p.m. Monday through Friday. Ample parking is available.

**AGILITY**  
**PHYSICAL THERAPY**  
*Experience the Difference*  
**Providing Personalized**  
**Physical Therapy**  
**Treatments**

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