



Ginger Carr, PT, Owner

Complete Body Wellness Studio, a Physical Therapy clinic in Alpharetta, GA was founded by Ginger Carr, who had a vision of providing individualized physical therapy care to every patient in pain and providing

a means for that patient to continue their progress in to a fitness program for lasting results.

**A FRESH NEW PERSPECTIVE
TO PHYSICAL THERAPY**

**DIRECT ONE ON ONE PATIENT
CARE AT ALL TIMES**

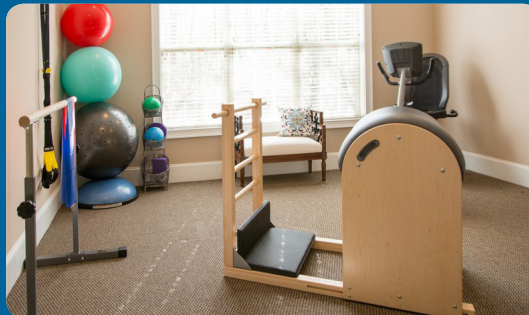
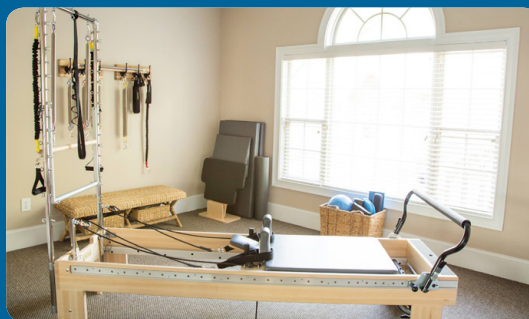
**CUSTOM FITNESS SESSIONS
& WELLNESS PROGRAMS**

**A HOLISTIC APPROACH FOR
EFFECTIVE RESULTS**



Conditions We Treat

- Arthritis/RA
- Chronic Pain
- Back/Neck Injuries
- Balance/Vestigo
- Foot/Ankle Injuries
- Parkinson's
- Stroke
- Posture/Body Alignment
- Pre/Post Total Knee/ Hip Replacement
- Scoliosis
- Sciatica
- Knee/Hip Injuries
- Shoulder Pain/Injuries/ Post Surgery
- Fibromyalgia
- Sprain/Strains
- Wound/Scar Care



COMPLETE BODY WELLNESS STUDIO
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www.completebodyptpilates.com

LIVE LIFE PAIN FREE



Physical Therapy • Pilates • Fitness

www.completebodyptpilates.com

Hear It From Our Clients

Reach out to Ginger, you will not be disappointed.

“Ginger is a great listener and tries to figure out exactly what’s going on. She is persistent in her therapy and thinks totally out of the box. Ginger gives that 1:1 that all patients need. I required PT for knee & hip replacements as well as an auto accident. Reach out to Ginger, you will not be disappointed.” – **Gail H.**

Top notch 1:1 care!

“It’s a very pleasant, attractive environment with tons of equipment. Ginger knows a tremendous amount about anatomy and physiology and has a wealth of techniques to address each client’s problems. Top notch 1:1 care!” – **Nancy L.**

She gives each person she treats her complete attention.

“I have known Ginger for 2 ½ years. I was very fortunate to be paired with her for my knee replacement rehabs. Her attention to my personal, physical, and emotional needs was truly amazing. She gives each person she treats her complete attention. I can’t imagine that I would have been as successful with recovery if it hadn’t been for her!” – **Pam S.**

Benefits of Pilates Based Rehab



Research demonstrates improvements in low back and hip pain when pilates is done with a physical therapist. Patients undergoing total knee replacement also benefit from Pilates-based exercises. Improved back, hamstring, and shoulder flexibility may also be achieved with the use of Pilates.

Exercises can be performed in multiple positions on a mat or on an apparatus. Because it is a system of exercise that focuses on full-body conditioning, Pilates can uncover isolated weaknesses, postural asymmetries, and muscle imbalances that have an effect on biomechanics throughout the body.

How Physical Therapy Helps You



When your body is not moving as it should, life’s ordinary tasks can become quite complicated and even dangerous. At Complete Body Wellness Studio, we focus on you as a whole, to improve your mobility, walking, strength, independence and relieve painful symptoms.

We listen to our patients and treat them like family. Our hands-on therapy and customized exercise programs are designed to address each individual’s needs and achieve the best results. We seek to make you an active part of your recovery process. It is our desire to find out what goals are important to you during your participation in physical therapy. We also do our best to answer all your questions and educate you and caregivers about how to best manage and improve your condition.

**We Accept Medicare
and other insurances**



CALL TODAY!
(770) 712-5955

Our goal is to inspire patients to take an active role in getting fit and staying healthy. They will achieve a better self-awareness and movement to remain safe when performing daily activities or exercise. Patients will immediately feel the benefits from our services and will enjoy working with us so much that they may not want therapy to end!

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