



# Physical Therapy Coming Soon!



**If you're dealing with chronic and acute strains and injuries in the neck, back, arms and legs, we're here to get you moving again.**

Your board-certified physical therapist has the education, skills and expertise to get you feeling like your normal self, while reducing or eliminating your pain. We'll evaluate your condition, provide education on how to self-manage your condition and offer therapy techniques to aid in your recovery.

## Meet your physical therapy provider



### **Michael Hall, Doctor of Physical Therapy**

Michael holds a Bachelor's degree in Exercise Science, a Master's in Exercise Physiology, and a Doctorate in Physical Therapy. With a deep-rooted passion for helping others, he is dedicated to empowering people to feel better, move better, and get back to doing what they love most—whether that's chasing their kids, training for a race, or simply living without pain.

Michael grew up just outside Auburn, Alabama, where his love for movement, people, and the outdoors began early and has only grown stronger over the years. He married his high school sweetheart, and together they're raising three energetic boys who fill their lives with joy, laughter, and the occasional chaos.

## Services

- Worksite physical therapy, screening and wellness assessments
- Treatment for acute and chronic injury care, pain management, strengthening and conditioning
- Prevention-based assessments, general worksite and ergonomic evaluation
- Occupational health assessments and testing

## Provider Location

Nease Wellness Center  
10430 Ray Road  
Pointe Vedra, FL 32081

## Provider Hours

**Mon.** 8:00 am - 1:00 pm &  
2:00 pm - 5:00 pm

**Tues.** 7:00 am - 11:30 am &  
12:30 pm - 4:00 pm

**Wed.** 8:00 am - 1:00 pm &  
2:00 pm - 5:00 pm

**Thur.** 10:00 am - 2:00 pm &  
3:00 pm - 7:00 pm

**Fri.** 7:00 am - 11:30 am &  
12:30 pm - 4:00 pm



**Schedule an appointment**

Call 904-671-8329

or visit [my.marathon.health](https://my.marathon.health)

