Live to Move Physical Therapy & Wellness

11540 Magnolia Pkwy Ste G
Manvel, 77578
United States
+12812130642
https://www.livetomovept.com

Company logo

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We believe that what you do after physical therapy concludes is as important as the physical therapy itself. To encourage you to continue your journey toward a lifestyle of wellness, individual consultation for plant-based nutrition, personal training, and therapeutic yoga classes are available. Therapeutic yoga is taught by a certified yoga teacher and offers modified ways to perform yoga poses based on your individual physical ability.



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