Movement Headquarters

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Movement Headquarters Physical Therapy, PLLC is a cutting-edge physical therapy and wellness practice with locations in Northport, East Setauket, and Babylon, Long Island. The clinic specializes in personalized, evidence-based care to help clients recover from injuries, improve mobility, and achieve peak physical performance. Their services include 1-on-1 performance physical therapy, golf fitness and TPI evaluations, personal training, postpartum fitness recovery, sports recovery sessions, nutrition counseling, and online exercise and rehab programming.

Movement Headquarters stands out with its client-centered approach, offering customized treatment plans designed by Doctors of Physical Therapy. They focus on addressing the root causes of pain and injury, rather than just managing symptoms, ensuring long-term results. The practice also provides hybrid physical therapy, combining in-person care with remote coaching for flexibility and convenience.

Whether you're an athlete, a new mother, or someone seeking to improve overall health, Movement Headquarters offers tailored solutions to meet your goals. Their proactive, science-driven methods empower clients to move better, feel stronger, and live healthier lives.

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