



Testimonials

"Ron at Physical Therapy of Mystic is my first choice for myself, my family and my patients. With my osteoarthritis I have needed help with my chronic back, neck, hip and shoulder issues. Ron's techniques are gentle but extremely effective. He immediately identified patterns of strain that needed attention which not only diminished my pain but improved my overall flexibility and well-being. My husband and sixteen-year-old daughter have both been under Ron's care. My daughter had a knee injury and like many teenagers felt a little awkward and was afraid that the therapy would be painful and initially had to be persuaded to give it a go. Ron quickly put her at ease, and not only did she get benefit but told me she was looking forward to the next visit.

What you will get at this office is professionalism, expertise and personal attention that is quite different from large rehabilitation centers. The atmosphere in the office is welcoming and calming, the facilities are clean and fresh, and I felt very safe there during these worrying times.

Ron will take a holistic approach to your care. Rather than addressing a single joint or muscle he will access the whole body. I strongly believe this approach will optimize your movement and function and improve your quality of life. I feel confident referring my patients to this office."

- Dr. Patricia McIvor, MD

"During recovery from a Tibia Plateau Fracture I was required to do physical therapy following the six weeks of non-weight bearing bone healing process. Two and a half weeks into my "traditional PT" (at another facility), my knee and ankle were getting more swollen, my pain increased, I went from two crutches to one and back to two and was unable to sleep at night without pain relief.

I had heard great things about Ron Agostini's practice from three close friends and decided to change PT practitioners after only 2.5 weeks into my PT. Ron explained his approach and I liked the fact that honors a holistic process of healing. Firstly, he found a small difference in the length of my legs, noted areas of stress in my hip, back, tibia plateau and ankle. He used cranial fluid dynamics to encourage stress relief. Immediately following my FIRST PT session: My leg lengths evened out. I was able to sleep that night, pain free and drug free. Swelling in my ankle went away. I returned to one crutch with no ill side effects. My flexibility and range of motion improved within 24 hours of that first visit.

Over the next three weeks with subsequent visits, I felt an increase in my leg strength, my range of motion continued to increase and my pain lessened. I continued to do my PT exercises from the other PT facility. I added swimming and stationary bicycle to my every other day workouts with no ill effects. The rapid recovery of what had been a painful PT process was surprising and welcome. I would highly recommend Ron Agostini as a Physical Therapist and am personally thankful for his help." - Marianne Molchan

"I have had the privilege of asking Ron for PT help for about 15 years for three separate things: tibia fraction, neck pain, and hip replacement. Ron has a Warm Attention—you feel you are being greeted by a caring friend. And every time it is enjoyable and productive. Over the years, he has shown Clarity of Purpose, clearing understanding what your challenges are and knowing exactly what is needed to help you. He also provides Intuitive Services, reacting to your body signals for the best type of therapy. His approach of full body evaluation and holistic care is the best and most effective PT available, in my experience. And each time you see him, he has the best Intention to Wellness for you. He wants to help you improve and be able to enjoy your life to the fullest.

I would highly recommend Ron and his services to anyone with any type of health problem that needs physical therapy."

- Marilyn Dayton, Mystic, CT