

About

About



Physical Therapist in Avon, CT

BodyFiT Physical Therapy, located in the town of Avon in the Farmington Valley, provides the best physical therapy

their sport, and enjoying life. Your therapist's goal is to resolve your issue without unnecessary pain killers, injections

If you are viewing this page, you are likely in pain or have an injury that is limiting the active lifestyle you desire. What is the best way to fix your injury. Should you rest, should you go to a chiropractor, should you have a massage or should

You are probably searching the web to see where to go or have been asking your friends and family where they have gone, leaving you unsure about what to try next.

To help you make a decision, we have designed this website to give you as much information about me and my clinic as possible.

In your area there are some good options to receive adequate care but you should want more than an adequate option. Some options that will provide less than adequate care, because they are making decisions regarding your therapy based on their bottom line.

When looking for a physical therapy provider here are some key questions to keep in mind:

1. How many patients will your therapist see while he/she is treating you?
2. How much manual or hands-on care will you receive during your therapy session?
3. Will you be supervised at any time by a tech during your treatment session?
4. Will you be treated in a gym filled with other patients on treatment tables?

At BodyFiT Physical Therapy located in Avon CT, we are different than these other area therapy facilities and here is why.

We see patients for an hour of one-on-one hands on care, utilizing the most relevant and effective forms of manual therapy, dry needling and instrument assisted soft tissue mobilization by using special tools. You are the only patient seen during your session, not from across the room by a tech.

People Who I Help Include:

- **Active Adults, Young and Old...Who never want to miss a minute of the game or take time off from the office.**
- **Hard Working Women and Moms...Who want to look and be healthy, feel more energized, be able to run, and not be bothered by pain or stiffness.**
- **Busy Men and Dads...Who know their family needs them, so being in pain, and on bed-rest from acute injury is not an option.**
- **Health Conscious Men and Women...who know that painkillers, injections, and unnecessary surgery are not the answer. They only offer mill-like Physical Therapy, excessive medications, and prolonged rest or worse...the elimination of their active lifestyle.**
- **Adult Athletes...Who want to be fit for that next WOD, round of golf, tennis match, their weekly running routine.**

I have treated various active adults and athletes including:

- **CrossFit Athletes**
- **Tennis Players**
- **Golfers**
- **Pilates/Barre Studio Members**
- **Yoga Enthusiasts**
- **Weekend Warriors**
- **Strongman Participants**
- **Weightlifters**
- **Olympic Lifters**
- **Cyclists**

The common theme with all my patients though is that they want to stay as active as possible for life, they do not want "some pills", they prefer a more natural approach, and a more holistic solution to their injury.

If this sounds like you, then me and my clinic may just be a perfect fit, so come visit me at Bodyfit Physical therapy.

If you have any further questions please do not hesitate to utilize the buttons on this page, either click on the "Free phone sessions" or click on our phone number to call me, your PT, Cindy.

Thank you and I hope to hear from you soon!

PS: Looking for Physical Therapy in Canton? Or Physical Therapy in Simsbury? No worries! I am located in physical therapy from Canton, Farmington, West Hartford, Simsbury, Burlington and New Hartford CT.

Success Stories

Patient Testimonials

- Tony R.
2 years ago
"My experience with BodyFiT Physical Therapy far exceeded my expectations. I wrenched my back playing golf, it was S..." "My experience with BodyFiT Physical Therapy far exceeded my expectations. I wrenched my back playing golf. Although it was Sunday, Cindy met me in the office and gave me a full evaluation in less than an hour and helped me with my pain. She also gave me good instructions as to how to keep my back stable to avoid a recurrence of the displacement. I was able to avoid a prolonged recovery that often occurs after swelling has set in. I am very thankful for the prompt, expert care and a pain-free round of golf that following weekend!"
- Anne B.
2 years ago
"Recently had the professional expertise of Cindy Langer at BodyFiT Physical Therapy in Avon. Six weeks of rest and pain as..." "Recently had the professional expertise of Cindy Langer at BodyFiT Physical Therapy in Avon. I had back and hip pain as a result of walking differently. In addition to PT for my knee I sought Cindy's expertise. She spent time one on one with me. Never rushed me and reassured me that I would get better. She gave me exercises to do with me. As of today I have seen her twice. I would not hesitate to go again. Went to the pool at my gym today and the physical therapy and therapist were without a doubt what helped me. Thanks Cindy."
- Lisa H.
2 years ago
"I had been experiencing plantar fasciitis for awhile. So I contacted Cindy Langer. I was so impressed with her expertise and the exercise..." "I had been experiencing plantar fasciitis for awhile. So I contacted Cindy Langer. I was so impressed with her expertise and the exercise she gave me. Some exercises to do at home as well as weekly visits for a month. I feel so much better and I know I have Cindy for your physical therapy needs! Lisa Hudkins"
- Joanne B.
2 years ago
"My doctor recommended physical therapy after a cortisone shot for hip arthritis. I debated about whether to go to the Chamber of Commerce a..." "My doctor recommended physical therapy after a cortisone shot for hip arthritis. I debated about whether to go to the Chamber of Commerce and liked her philosophy. I'm so glad I chose her. First of all, all of her attention is on her patients for her time. Second, she didn't just focus on my hip issues, and we actually uncovered that I have back issues. I was so impressed when I reported this to him saying "I like her!" Finally, she's great to spend time with--friendly, caring and professional. Definitely worth every penny of the additional coinsurance I had to pay. Will return to her practice if I ever need physical therapy."
- Judith R.

2 years ago

“This place is awesome- Cindy is the best! She goes out of her way to explain everything she is doing, and of personal...” “This place is awesome- Cindy is the best! She goes out of her way to explain everything she is doing, the personal treatment and leave feeling so much better! I would not hesitate to go here.”

- Alex A.

2 years ago

“Cindy's expertise has proved invaluable in my path to recovery. The exercises and general posture instruction again. Sh...” “Cindy's expertise has proved invaluable in my path to recovery. The exercises and general posture happening again. She's wonderful to work with, I've recommended her to several of my friends who are music

- Kris K.

2 years ago

“I had been having trouble with my knees for over a year. I had to stop running altogether and was having trouble physical th...” “I had been having trouble with my knees for over a year. I had to stop running altogether and was having trouble with shots and physical therapy already and didn't know what else to do. Surgery wasn't an option and I wasn't ready. I was hesitant at first because BodyFit is out of network for my insurance and I didn't know if it would be any different treatments and my knees started feeling better. The pain I experienced everyday and especially at night started to do again. Cindy is very knowledgeable and really listens to you. She sets up a plan customized just for you. Most importantly, she truly wants to help you and get you back to whatever it is you are trying to do. My knee

- Ric W.

2 years ago

“I first visited BodyFit PT in November at the advice of my physical trainer after I injured a muscle in my back exercise...” “I first visited BodyFit PT in November at the advice of my physical trainer after I injured a muscle in my back even exercise. Cindy initially gave me some basic exercises to help relieve the pain and then, slowly, worked me back to my family golf trip in February, and I can report that I played three days in a row without any discomfort! What's more, she showed up in my golf swing. Cindy does a great job at explaining her approach to fitness and health, and has helped me with the progress I've made under her care and am committed to continue on the path she's set me on. I recommend her to anyone I don't think of myself as an athlete (it's golf, after all), but she has taught me a completely new way of thinking

- Chuck J.

2 years ago

“Had a great experience with Cindy at BodyFit PT. Cindy was able to evaluate the source of my injury and provide the correcti...” “Had a great experience with Cindy at BodyFit PT. Cindy was able to evaluate the source of my injury and provide the self- correction as well as stretches and exercises to ultimately eliminate the discomfort. After a few sessions, the discomfort did not reoccur. I highly recommend BodyFit for her expertise, individualized service and after care program. Cindy helped me with my recovery. Your motivation and execution of the program she provides are the key to great and long lasting results

- Carrie N.

2 years ago

“I have had such a great experience with Cindy. She is kind, easy to talk to and extremely knowledgeable in her field. I can't say enough...” “I have had such a great experience with Cindy. She is kind, easy to talk to and extremely knowledgeable in her field. I can't say enough about her. I would recommend her to anyone. She is outstanding!”

- Margaret L.

2 years ago

“Cindy really helped me feel better and put me on the road to recovery after a bulging cervical disc. She used her expertise through...” “Cindy really helped me feel better and put me on the road to recovery after a bulging cervical disc. She used her expertise working out through the healing process. She also helped find weaknesses in my neck/back and gave me an excellent understanding of the characteristics in a physical therapist!”

- Kay Y.

2 years ago

“Cindy spends the whole appointment time working one on one with her clients and is very thorough. She tries to educate her pat...” “Cindy spends the whole appointment time working one on one with her clients and is very thorough. She tries to educate her patients with the knowledge and information they need to take care of their issues on their own. Cindy

physical therapist about my injury I felt like Cindy was the only one who spent the time to know the whole story

- Daphna F.
2 years ago
“Best decision I made to have Cindy evaluate, diagnose & treat my injury. Cindy will spend the time on YOUR goals. ...” “Best decision I made to have Cindy evaluate, diagnose & treat my injury. Cindy will spend the time on your goals. Cindy understands athletes, both seasoned & ones starting a fitness journey thus able to help you at our satellite office at Crossfit Legitimus in Canton. Cindy is passionate & extremely knowledgeable in all aspects of physical therapy. She follows evidence based guidelines for prevention & to get stronger, you won't regret it.”
- Lynne C.
2 years ago
“Cindy Langer PT with BodyFit Physical Therapy in Avon has provided excellent care. She did a thorough assessment and she was responsive to what I was experiencing and tweaked her treatments and patient education to fit my needs. The best way to reduce my pain and increase my function. I would recommend her highly to anyone seeking one-on-one physical therapy.”
- William M.
2 years ago
“Nagging neck issues related to overuse with poor posture. Cindy was accessible, friendly, super helpful with manual therapy and dry needling. I would recommend her highly to anyone seeking one-on-one physical therapy.”
- Hunter B.
2 years ago
“I've been weight lifting for a number of years and have had my share of aches and pains especially in my lower back. After our first appointment I had no doubt that I was in good hands. She was incredibly thorough at each appointment (manual therapy, dry needling, manual therapy) was very conducive to helping me get back on track with my weight lifting goals. I would recommend her highly to anyone seeking one-on-one physical therapy. At BodyFit Physical Therapy, Cindy can help you out!”

What Sets BodyFiT Physical Therapy in Avon CT Apart

- Full hour treatment sessions, one-on-one with your physical therapist.
- Effective and current physical therapy manual techniques with a physical therapist with over 26 years of experience.
- Holistic treatment approach, assessing the entire person to develop the optimum treatment plan to get you back on track.

Click the button below to book a free phone consultation now with a physical therapist.

Here is a little more about your Physical Therapist



Cindy has worked for the past 26 years in the field of physical therapy with a focus on manual physical therapy, being trained in IASTM, Cupping, Dry Needling, and various Soft Tissue Massage techniques. She has been featured on TV, and Print, speaking on the topics of back pain, aquatic therapy, and ACL rehabilitation. Throughout her career she has provided care, and instructed other clinicians in the development of their own aquatic therapy program. In addition, Cindy has trained and Barre Studio Members.

Cindy has three active boys who all play soccer, she is involved in the local travel soccer program, and previously served as a coach. She has completed several half marathons and two full marathons, the Disney Marathon and the Boston Marathon. Through her many years of experience, she knows how to expedite recovery, reducing that fear of injury and instilling confidence in finishing those big races! Cindy also teaches classes at local yoga, barre and Crossfit gyms.

And in 2018, Cindy became a CrossFit Level 1 Trainer and is now TPI Level 1 Certified (Certified in Golf Physical Therapy).

“It is so important to keep active, stay flexible and try to maintain a healthy weight in whatever way you can with the grandchildren, so I will do whatever I need to to help make that happen!”

- **B.P.T (Bachelors Degree in Allied Health and Physical Therapy)- University of Connecticut.**
- **M.S.P.T. (Masters Degree in Advanced Orthopedic Physical Therapy)- Quinnipiac University.**

Free Phone Consultation Free 20 Minute “Discovery Session”

Looking for physical therapy in Canton? No problem! BodyFit Physical Therapy is located in Avon CT, just a couple miles from Canton.
Looking for physical therapy in Simsbury? We got you! BodyFit Physical Therapy is located in Avon CT, just a few miles from Simsbury.
Looking for physical therapy in Farmington? Not an issue! BodyFit Physical Therapy is located in Avon CT, just a few miles from Farmington.
Looking for physical therapy in West Hartford? We can help! BodyFit Physical Therapy is located in Avon CT, just a few miles from West Hartford.