

About

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Physical Therapist in Canton, CT

BodyFit Physical Therapy, located in the town of Canton in the Farmington Valley, provides the best physical therapy helping active people to recover from injury to get back in the gym, keep playing their sport, and enjoying life. Your goal is to resolve your issue without unnecessary pain killers, injections, or prolonged rest, in the quickest time possible providing one-on-one hands-on care.

If you are viewing this page, you are likely in pain or have an injury that is limiting the active lifestyle you desire. Whether you are just recently injured or have been in pain for years, you may be unsure 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 try physical therapy?

You are probably searching the web to see where to go or have been asking your friends and family where they have gone. Maybe you have not had good results with physical therapy in the past, 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. My model of care differs than other local therapy clinics.

In your area there are some good options to receive adequate care but you should want more than an adequate option. You deserve the best option. And keep in mind there are unfortunately several providers that will provide less than adequate care because they are making decisions regarding your therapy based on their bottom line and not on the quickest and best option for you better.

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 Canton 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 including joint mobilization and manipulation, massage therapy, cupping, dry needling and instrument assisted soft tissue mobilization by using special tools. You are the only patient seen during your treatment time and you will never be treated in a gym. Your exercise while supervised 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 field.**
- **Hard Working Women and Moms...Who want to look and be healthy, feel more energized, be able to run with their kids all day, workout at their favorite studio or gym...without being 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; they need their energy for work and play.**
- **Health Conscious Men and Women...who know that painkillers, injections, and unnecessary surgery are not the best answer; they have already been let down by the healthcare system that only offer mill-like Physical Therapy, excessive medications, and prolonged rest or worse...the elimination of their favorite activity.**
- **Adult Athletes...Who want to be fit for that next WOD, round of golf, tennis match, their weekly running, or that pick-up pickleball game with the gals.**

I have treated various active adults and athletes including:

- **CrossFit Athletes**
- **Runners**
- **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 to stop their sport or leisure activity, they are not accepting of the “just rest and take 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 consultation](#), the Inquire about cost and availability, the free 20 minute “discovery 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 Canton but my location is right off of Route 44 so I frequently see people for physical therapy from Canton, Farmington, Hartford, Simsbury, Burlington and New Hartford CT.

Success Stories

Hunter B

5 years ago

“ Iâ€” ve been weight lifting for a number of years and have had my share of aches and pains especially in my low back. I had an appointment with BodyFit, saw Cindy, and after our first appointment I... ”

“ Iâ€” ve been weight lifting for a number of years and have had my share of aches and pains especially in my low back. I had an appointment with BodyFit, saw Cindy, and after our first appointment I had no doubt that I was in good hands. She is incredibly thorough at each appointment, taking into consideration my concerns and symptoms. The therapy she used (dry needling, manual therapy) was very conducive to helping me get back on track with my weight lifting goals. If you have or have reoccurring injuries from power lifting, weight lifting, or CrossFit, Cindy can help you out! ”

Ric W

5 years ago

“ I first visited BodyFit PT in November at the advice of my physical trainer after I injured a muscle in my back. I'm a avid golfer, and the injury made it impossible to play or even exercise.... ”

“ I first visited BodyFit PT in November at the advice of my physical trainer after I injured a muscle in my back. I'm a avid golfer, and the injury made it impossible to play or even exercise. Cindy initially gave me some basic exercises to relieve the pain and then, slowly, worked in stretches and strength training to build me back up. My goal was to be ready for a family golf trip in February, and I can report that I played three days in a row without any discomfort! What's more, the program Cindy has me on added strength and flexibility, which all showed up in my golf swing. Cindy does a great job explaining her approach to fitness and health, and has customized a program specific to my needs. She's also a great motivator. I am thrilled 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 highly to anyone looking for a personal approach to injury recovery and fitness. I don't think of myself as an athlete (after all), but she has taught me a completely new way of thinking about how my body works and how to keep it healthy. ”

Chuck J

5 years ago

“ Had a great experience with Cindy at BodyFiT PT. Cindy was able to evaluate the source of my injury and provide immediate relief in the first session. She provided clear direction for self-... ”

“ Had a great experience with Cindy at BodyFiT PT. Cindy was able to evaluate the source of my injury and provide immediate relief in the first session. She provided clear direction for self- correction as well as stretches and exercises to ultimately eliminate the discomfort. After a few sessions, all symptoms were gone and now, over two months later, thereâ€” s been no reoccurring issues. I highly recommend BodyFiT for her expertise, individualized service and after care program. Cindy will provide the best care to bring you relief and creates a plan that leads to full recovery. Your motivation and execution of the program she provides is key. ”

the key to great and long lasting results! A+ ”

Carrie N

5 years ago

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Margaret L

5 years ago

“ Cindy really helped me feel better and put me on the road to recovery after a bulging cervical disc. She used her knowledge of CrossFit and gave me modifications so I could continue working out... ”

“ Cindy really helped me feel better and put me on the road to recovery after a bulging cervical disc. She used her knowledge of CrossFit and gave me modifications so I could continue working out through the healing process. She also helped find weaknesses in my neck/back and gave me an exercise plan to strengthen those areas. She is kind, caring, and enthusiastic with all the necessary characteristics in a physical therapist! ”

Kay Y

5 years ago

“ Cindy spends the whole appointment time working one on one with her clients and is very thorough. She tries to get to the source of the problem rather than just treat symptoms and then equips her... ”

“ Cindy spends the whole appointment time working one on one with her clients and is very thorough. She tries to get to the source of the problem rather than just treat symptoms and then equips her patients with the knowledge and information to take care of their issues on their own. Cindy is accessible, friendly and really listens. After seeing many doctors and physical therapist about my injury I felt like Cindy was the only one who spent the time to know the whole story and look at it from every angle. I highly recommend her! ”

Daphna F

5 years ago

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“ Best decision I made to have Cindy evaluate, diagnose & treat my injury. Cindy will spend the time on YOU in a one on one setting to provide treatment & an exercise/recovery plan based on your goals. Cindy understands athletes, both season and weekend warriors, starting a fitness journey thus able to help you stay active during recovery. Cindy has a state of the art facility in Canton as a satellite office at Crossfit Legitimus in Canton. Cindy is passionate & extremely knowledgeable in all aspects of physical therapy allowing many treatment options. Let Cindy help rehab your injury along with guidelines for prevention & to get strong again. You won't regret it. ”

Lynne C

5 years ago

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“ Cindy Langer PT with BodyFit Physical Therapy in Canton has provided excellent care. She did a thorough assessment, discussed potential outcomes and goals with me. Throughout the sessions she was responsive to what I was experiencing, tweaked her treatments and patient education accordingly. I feel comfortable with her knowledge base and her motivation. She is the best way to reduce my pain and increase my function. I would recommend her highly to anyone seeking one on one personalized care for physical therapy. ”

William M

5 years ago

“ Nagging neck issues related to overuse with poor posture. Cindy was accessible, friendly, super helpful without any purchase extra services. I recommend her without reservation. ”

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Kris K

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“ I had been having trouble with my knees for over a year. I had to stop running altogether and was having trouble doing WOD's at the gym. I had been to two surgeons, cortisone shots and physical therapy already and didn't know what else to do. Surgery wasn't an option and I wasn't ready to give up. I read an article about BodyFit and Cindy and decided to give it a try. 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 from what I had already had done. It was definitely worth it! I signed up for a series of treatments and my knees started feeling better. The pain I experienced everyday and especially at night started to go away. I am working on adding more exercises that I never thought I would be able to do again. Cindy is very knowledgeable and really listens to you. She sets up a plan customized just for you. I never felt rushed and she never looked at the clock. She only takes one person at a time. Most importantly, she truly cares about you and gets you back to whatever it is you are trying to do. My knees are still a work in process but I feel I wouldn't have made it this far without her help. ”

Carrie

1 year ago

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“ I have had such a great experience with Cindy. She is kind, easy to talk to and extremely knowledgeable in her field. She goes out of her way to do whatever she can to help you. I couldn't say enough about her. I would recommend her to anyone looking for an outstanding! ”

Melinda G

1 year ago

“ I came to Cindy in early 2022 due to ongoing hamstring and lower back pain from a running injury that surfaced in the fall of 2021. Cindy did an amazing job assessing my pain and issues from a whole-person, individualized approach. She provided a combination of treatments during my appointments and the tools and homework to help me overcome and manage my pain. I honestly don't know if I would have been able to get over the hump without her and am able to run pain free now. I 100% recommend BodyFit Physical Therapy to anyone especially runners overcoming an injury and pain! ”

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Lauren M

1 year ago

“ Cindy was awesome! She listened to what I was saying, we determined where my "problem" spots were and she walked me through the correct way to stretch my body to help with these areas. I didn't have a specific injury but wanted to help myself be able to recover better from my longer runs. She is very thorough and a great resource for so many things. I highly recommend sessions with Cindy!!! ”

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Jon B

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Richelle W

1 year ago

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improvement almost immediately. She's extremely personable and so smart. Sessions with her are worth every penny forward to coming back whenever I need a little tune up. ”

Chuck C

1 year ago

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“ Unsure at first at just what I was getting into but after one complete series of lessons with Cindy at BodyFit I plan on continuing. Not being able to play golf during the winter should not keep you from learning or relearning just how your body can move. Cindy gave me a golf swing with some great movement exercises that you can learn to do at home. TPI certified and a great motivator you should give it a try! ”

Chris R

11 months ago

“ I took an introductory golf fitness class with Cindy Langer from BodyFit and followed up by taking the Titleist Performance Institute Golf Physical with her. She is certified with TPI. The process was... ”

“ I took an introductory golf fitness class with Cindy Langer from BodyFit and followed up by taking the Titleist Performance Institute Golf Physical with her. She is certified with TPI. The process was very comprehensive and revealing. My results reflected my age (senior) but rang quite true to me. Cindy has worked with me to focus on the balance and flexibility that the testing pointed to. I am a dedicated fitness and exercise buff and found Cindy to be really smart about the motions and exercises etc that produce progress. Her follow up (suggested "homework") is excellent and her coaching/training style is very professional. She explains things clearly and listens to input. Finally, her studio is first rate. All in all, Cindy offers a high quality, fun training and rehab experience. ”

Anne S

11 months ago

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“ Cindy is amazing! I first saw her with a neck/shoulder issue I had for years. It had limited my mobility and was very painful. I was worried I had significant damage. Even after one session, I felt much better. Cindy really listens and spends the time to figure out what is going on. She also gives you tools to work on the issue yourself. I cannot say enough good things about her. I feel much better I feel because of her help! ”

Robert S

11 months ago

“ Cindy's one-on-one PT is great - she is knowledgeable, understands my issues and designed a program that fits my needs. I can highly recommend her highly. ”

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Ping H

7 months ago

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“ Cindy has been a tremendous help. she initially resolved various tendinitis issues (elbow, Achilles) and has helped me with my mobility and fitness. not just for golf but for all activities. I haven't felt this mobile in decades! ”

Paul A

7 months ago

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“ Body Fit PT is awesome! I had zero flexibility and a habitual shoulder issue when I met Cindy in January. Today I can touch my toes (at 6'5" that's an accomplishment) and my shoulder pain is gone! The combination of the PT & daily exercise program has not only improved my physical health, but my handicap dropped from 10.2 to 7.1. I'm more confident and feel like a million bucks everyday! ”

Kevin F

7 months ago

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MIke W

7 months ago

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“ I highly recommend Body Fit for the golfer who wants to improve their game and their overall well-being. Cindy and I helped me through the initial assessment understand some physical limitations and ways to improve them specifically in my hips. Through stretching and a stand-up desk (stretching is hard work), I have improved my game and played more than ever with far less soreness. My pre round stretching routine and staying hydrated during rounds has also been key. Body Fit if you want to get more out of your golf game! ”

Brian L

7 months ago

“ I was having difficulty making a good turn, not to mention finishing the round. Stiff neck, sore shoulder, and a chronic lower back with spasms. Then came BodyFit. Cindy developed flexibility and... ”

“ I was having difficulty making a good turn, not to mention finishing the round. Stiff neck, sore shoulder, and a chronic lower back with spasms. Then came BodyFit. Cindy developed flexibility and strengthening techniques to alleviate/decrease pain. My swing is bigger, drives are longer, and scoring is now sharp on the incoming 9! Go see BodyFit for lower scores. ”

What Sets BodyFit Physical Therapy in Canton 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 to the active lifestyle you desire.

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 30 years in the field of physical therapy with a focus on outpatient orthopedics, sports and aquatic therapy. Cindy has extensive knowledge in [manual physical therapy](#), being trained in IASTM, Cupping, Dry Needling and various Soft Tissue Massage and Joint Mobilization/Manipulation Techniques. She has been featured in Radio, TV, Print, speaking on the topics of back pain, aquatic therapy, and ACL rehabilitation. Throughout her career she has presented several classes to patients in how to treat their own backs, pre-natal back care, and instructed other clinicians in the development of their own aquatic therapy program. In addition, Cindy has taught several Mobility Night classes, focusing on improving mobility to Crossfit Athletes 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 Co-President of the Highlander Soccer Club. She is an avid runner, running several half marathons and two full marathons including the Disney Marathon and the Boston Marathon. Through her many years of training, she has learned even more about the

management of soft tissue injury and how to expedite recovery, reducing that fear of injury and instilling confidence in those big races! Cindy also maintains a balance of running with flexibility and strengthening by participating in classes of 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 Assessments and Golf Swing Analysis).

“It is so important to keep active, stay flexible and try to maintain a healthy weight in whatever way you can with the time you have. I want to be around to see my grandchildren and hopefully my great grandchildren, so I will do whatever I need to do to 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 Canton CT, just a couple of miles down the road from the Avon town line.

Looking for physical therapy in Simsbury? We got you! BodyFit Physical Therapy is located in Canton CT, just a few miles from the Simsbury border.

Looking for physical therapy in Farmington? Not an issue! BodyFit Physical Therapy is located in Canton CT, just a few miles down the road from Farmington Center.

Looking for physical therapy in West Hartford? We can help! BodyFit Physical Therapy is located in Canton CT, just a few miles from the mountain, and a short ride on Rt 44 from Bishops Corner.