

About

Testimonials

Hunter B

5 years ago

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

Ric W

5 years ago

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“ I first visited BodyFit PT in November at the advice of my physical trainer after I injured a muscle in my back. I'm 62 and an avid golfer, and the injury made it impossible to play or even exercise. Cindy initially gave me some basic exercises to help 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 exercise program Cindy has me on added strength and flexibility, which all showed up in my golf swing. Cindy does a great job at 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 (it's golf, 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

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“ 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 reoccurrence. I highly recommend BodyFit for her expertise, individualized service and after care program. Cindy will provides the knowledge to bring you relief and creates a plan that leads to full recovery. Your motivation and execution of the program she provides are the key to great and long lasting results! A+ ”

Carrie N

5 years 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 couldnâ€” t say enough about her. I would recommend her to anyone. She is outstanding! ”

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; necessary characteristics in a physical therapist! ”

Kay Y

5 years ago

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“ 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 they need to take care of their issues on their own. Cindy is accessible, friendly and really listens. After seeing many doctors and a different 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 seasoned & ones starting a fitness journey thus able to help you stay active during recovery. Cindy has a state of the art facility in Canton as well as a satellite office at Crossfit Legitimus in Canton. Cindy is passionate & extremely knowledgeable in all aspects of PT thus allowing many treatment options. Let Cindy help rehab your injury along with guidelines for prevention & to get stronger, you won't regret it.ð “ ”

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 and discussed potential outcomes and goals with me. Throughout the sessions she was responsive to what I was experiencing and tweaked her treatments and patient education accordingly. I feel comfortable with her knowledge base and her motivation to find 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

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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 the 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 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 wants to help you and get 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 come this far without her help. ”

Carrie

1 year ago

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Melinda G

1 year ago

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“ I came to Cindy in early 2022 due to ongoing hamstring and lower back pain from a running injury that surfaced in the summer of 2021. Cindy did an amazing job assessing my pain and issues from a whole-person, individualized approach. She provided me 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 would 100% recommend BodyFit Physical Therapy to anyone especially runners overcoming an injury and pain! ”

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... ”

“ 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 my body 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!!! ”

Jon B

1 year ago

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Richelle W

1 year ago

“ Cindy is absolutely wonderful to work with. I am a huge advocate for physical therapy but I wanted to see someone who can address all the pain I was experiencing and not just one specific area. I... ”

“ Cindy is absolutely wonderful to work with. I am a huge advocate for physical therapy but I wanted to see someone who can address all the pain I was experiencing and not just one specific area. I like how I got 1:1 attention for a full hour. I noticed an improvement almost immediately. She's extremely personable and so

smart. Sessions with her are worth every penny and I look 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 returning. Not being able to play golf during the winter should not keep you from learning or relearning just how your body can improve the 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

1 year 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 issues that the testing pointed to. I am a dedicated fitness and exercise buff and found Cindy to be really smart about the motions, stretches etc that produce progress. Her follow up (suggested "homework") is excellent and her coaching/training style is very productive. She explains things clearly and listens to input. Finally, her studio is first rate. All in all, Cindy offers a high quality, friendly training and rehab experience. ”

Anne S

1 year 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 and how much better I feel because of her help! ”

Robert S

1 year ago

“ Cindy's one-on-one PT is great - she is knowledgeable, understands my issues and designed a program that fits my needs. I 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) & she has now 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 now touch my toes (at 6' 5" that's an accomplishment) and my shoulder pain is gone! The combination of the PT & Cindy's daily exercise program has not only improved my physical health,

but my handicap dropped from 10.2 to 7.1. I am more flexible, have more confidence and feel like a million bucks every day! ”

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 the team helped me through the initial assessment understand some physical limitations and ways to improve them specifically flexibility in my hips. Through stretching and a stand-up desk (stretching is hard work), I have improved my game and played more rounds than ever with far less soreness. My pre round stretching routine and staying hydrated during rounds has also been key. Check out 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 achy 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 achy lower back with spasms. Then came BodyFit. Cindy developed flexibility and strengthening techniques to alleviate/deal with the pain. My swing is bigger, drives are longer, and scoring is now sharp on the incoming 9! Go see BodyFit for lower scores ”