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The Center for Physical Therapy and Exercise expands with New Lease at Tara Commons

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South Nashua, NH The Center for Physical Therapy and Exercise (CPTe), a trusted name in rehabilitation and wellness since 1989, has expanded with a new lease at Tara Commons, a retail plaza. This strategic move allows CPTe to enhance its commitment to the community by providing personalized care and innovative treatment approaches to an even broader audience.

With a legacy of 35 years dedicated to improving the health and well-being of its patients, CPTe has successfully helped thousands of individuals recover from injuries, manage chronic conditions, and enhance their physical performance. CPTe's new South Nashua facility located at Tara Commons features advanced technology and resources, creating a welcoming environment where patients of

all ages can receive individualized care tailored to their unique needs. The clinic will offer a comprehensive range of services, including physical therapy, fall prevention, sports rehabilitation, and post-surgical recovery.

"We are excited about this new chapter in South Nashua," said Patricia Wolber, COO. "This location allows us to reach even more residents and provide the high-quality, patient-centered care that we're known for. Our mission is to empower patients, and we believe this vibrant area is the perfect place to continue that mission."

CPTe's commitment to evidence-based practices ensures that all treatment plans are designed to deliver optimal outcomes for each patient.

The successful lease agreement was facilitated by Sean Coughlin, MBA, a commercial real estate advisor at SVN | The Masiello Group. Coughlin is well-respected in the field and is a member of the NH Commercial Investment Board of Realtors, the NH Association of Realtors, and the National Association of Realtors. His extensive experience in advising clients on commercial real estate transactions, combined with his collaborative approach, made the process seamless for CPTe. Casey Kelly of The John Flatley Company represented the landlord.

"It was a pleasure working with CPTe as they expanded their services," said Coughlin. "Their dedication to the community aligns perfectly with the needs of South Nashua, and I'm thrilled to have played a role in helping them achieve their vision."

CPTe looks forward to welcoming the South Nashua community to its new location and continuing its tradition of excellence in patient care.

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