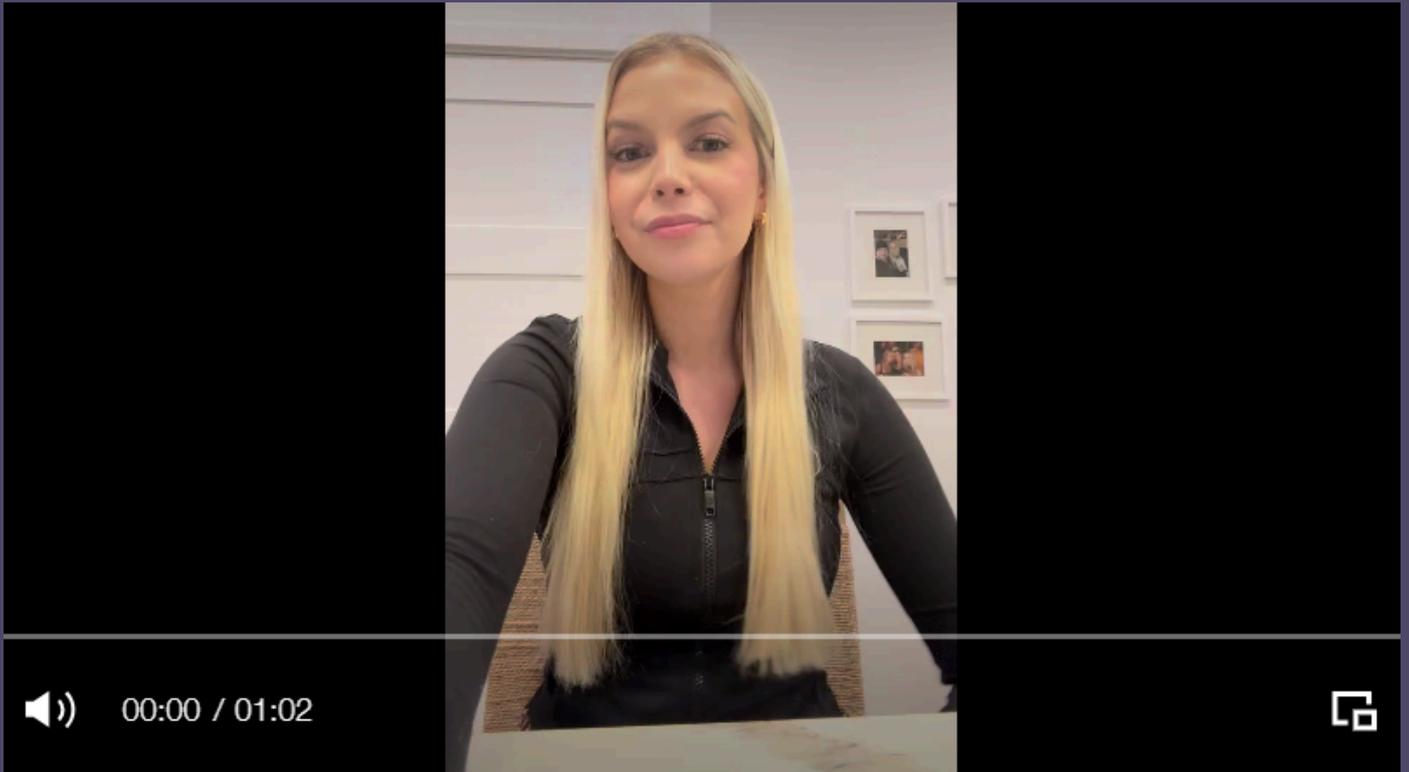


The Monthly Lift

by Dr. Antigone Vescei

February, 2026

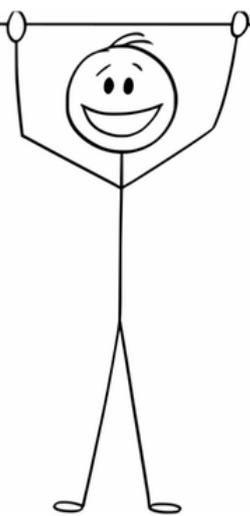
Real stories, practical tips, and a laugh to keep you moving.



Trust in your physical therapist is not just nice to have — it's linked to measurable improvements in pain, function, and perceived improvement.

[Here's the Study](#)

JOKE OF THE MONTH



Me when the patient says "it hurts when I do this" and I say "then don't do that"



Know someone who could use a comeback story of their own? Forward them this e-mail!



[Need more inspiration?](#)