



Blue Hills
SPORTS & SPINE
Rehabilitation

DISCOVERY VISIT

Have an injury or nagging problem that's keeping you from enjoying your favorite activities?

Come to a Blue Hills Sports & Spine location for a Discovery Visit!

A Discovery Visit is a FREE 10-15 minute consult with one of our highly trained physical therapists. It can be in person, or even by phone.

They will discuss your situation and let you know if PT or a referral to another provider is right for you!

Why Let Pain Win?



Call one of our locations today
or fill out a request online at bluehillspt.com

During Your Discovery Session Your PT Will:

- Learn about you & your goals
- Encourage you to ask questions
- Explain your options & what's best for your needs
- Let you know if PT is right for you!



Boston: 30 Lancaster Street Phone: (617) 367-4700

Braintree: 340 Wood Road Phone: (781) 535-6053

Weymouth: 541 Main Street Phone: (781) 340-1480

Plymouth: 45 Resnik Road Phone: (508) 747-6600