

Carol Glasscock

Physical Therapist

Background / Philosophy

Originally from Wyoming, Carol moved to Florida in 1993 and worked as a traveling physical therapist. Carol then opened her own practice so she could be in more control of the quality of care patients would receive. At Fit For Life, her clinic and health club, she is able to work with patients one-on-one for 30-60 minutes. With each patient she looks at all 5 aspects of wellness: Posture, Strength, Endurance, Flexibility, & Balance. After discharge from physical therapy, patients can join the health club and continue their program in a safe, supervised environment where they can work toward their maximum functional level and maintain their activity level. Besides her role as a therapist, Carol is a fitness enthusiast and has been involved in that industry for over 16 years.

Education / Experience

Carol received her Master of Science Degree in Physical Therapy from the University of Colorado in 1992. She spent two years working in various settings including hospitals, nursing homes and outpatient clinics. Carol then spent nine years practicing in home health care and specializing in geriatrics. In March, 2003, Carol started her own practice in addition to opening a health club.

Professional Organizations

Carol is a member of several professional organizations including: American Physical Therapy Association (APTA), APTA Section on Geriatrics and Section on Private Practice, Senior Fitness Association and International Society for Aging and Physical Activity. Carol was honored in April, 2002, by the APTA. Her business, Fit For Life, was highlighted in their national monthly magazine as a niche business in geriatrics.

Personal

Carol is married with one son. She spends her spare time running, swimming, biking, traveling, gardening and reading. Her motto is "Keep Active and Have Fun!"

