

SpaSoha

Living Whole-y Healed!

Physical Therapy Participant:

"Sue has given me personalized service; focusing on my body from the inside out and has helped me to strengthen my core and lose weight. She has also shown me how to reduce my pain caused by multi-level trauma. Her service is foundational and a must-have for anyone with collagen disease." - Rose

eCourse Participant:

"Sue helped me heal from an eating disorder I had developed in high school. She seemed to intuitively know exactly how to be with me, meeting me in my struggle with compassion. She became my PT, informal counselor, spiritual advisor, and confidant, and helped me to enjoy food (and life) again. To have someone's presence with me who so totally "got it" helped me to heal completely (for good!). - Elyzabeth

SoulCore Participant:

"I love the new approach to combining mind, body, and spirit." -Robin



CONTACT US

3 Easy ways to schedule your Special Settings Physical Therapy or SpaSoha Wellness visit!

Contact Us!

Call 678-509-3794

Schedule Today!



ABOUT US

Sue Soha has been practicing as an expert physical therapist for over 20 years. She belongs to the American Physical Therapy Association and is a Georgia Chapter member, as well as a PATH member. Sue is certified in Neuro-developmental Treatment, NARHA certified in Hippotherapy and trained in Myofascial Release.

Nothing brings Sue more joy than by empowering women of all ages to achieve healing from pain by bringing the root of their injury to light and teaching them to integrate body, mind, and soul so they can live as they were created:
Joyful, Healthy, and Whole!



PHYSICAL THERAPY

Mobile Visits

Let us come to you at your convenience!

Telehealth (Video-Conferencing)

Stay at home mom? Transportation Limitations? Immunocompromised? We've got you covered!

In-Clinic

Private appointments In the Chamblee area

Manual Therapy

Myofascial Release

IN-CLINIC SERVICES

Full-spectrum Infrared Light Sauna

- Acoustic Resonance Therapy (A.R.T.)
- Chromotherapy
- Our 3-in-1 sauna blends the optimal wavelengths to achieve specific results.
 - **Near** (skin purification blemishes & acne, eczema and psoriasis)
 - **Mid** (fights pain and Inflammation, speeds the healing process);
 - **Far** (cellular level detox and Immunity booster)

WELLNESS

SOULCORE

BODY MIND SOUL

- Community and connection
- A safe environment where you can learn to enjoy moving your body
- Core strengthening and conditioning
- Stretching and balance exercises
- Meditate on the virtues of the Rosary
- Classes are offered outside when weather permits



Lifestyle & Nutritional Coaching Group

- an 8-week interactive course in making significant lifestyle changes: How you eat, exercise, think, drink, sleep, and pray
- Looking for Relief? The Keto Shift works to lessen the affects of ADHD, brain fog, headaches, muscle & joint pain, skin rashes & blemishes, hair loss, fatigue, restless legs & cramps, insomnia, temperature regulation, or GI problems!

What to Expect from a Physical therapy session:

- Evaluate general and targeted mobility
- Build an injury prevention plan around every day tasks,
- Manual therapy
- Create an individualized home exercise program to promote strength, improve flexibility and decrease pain.
- Mobile and Telehealth visits can provide a complete home ergonomic assessment and help create an ideal workstation for your home office.