

lat·i·tude (*noun*): scope for freedom of action or thought



**LatitudePT**

*Strength from the ground up*

**Modern movement-centered physical therapy**

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**DR. CHRIS GUMBS, PT, DPT, ICDN**  
PHYSICAL THERAPIST & RUNNING SPECIALIST

**RUN FREELY  
CARRY HEAVY  
MOVE SWIFTLY**

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