

Foundation First Physical Therapy & Coaching

Dr. Paige Ryan, PT, DPT

📍 Based in Chelmsford, Massachusetts | In-home and community services available

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About:

Foundation First helps families and caregivers build confident, accessible, and sustainable routines through two main offerings:

- **In-Home Pediatric Physical Therapy** — individualized sessions to support motor development, equipment needs, and functional independence.
- **Caregiver Coaching Program** — a 6-month hybrid program designed to prevent burnout and help families create inclusive, balanced routines that work in real life.

Our mission is simple: to empower families and kids to move, play, and live with confidence — starting from the foundation up.