

Aquatic Therapy

Is exercise painful for you?

Exercising in water is a wonderful alternative for many people suffering from painful or weakened conditions. In water, the pull of gravity on the body is not as strong as it is on land, so motion and functional activity are more comfortable. Water supports the body and provides assistance to movement, making the therapy techniques easier for those suffering from pain. Other benefits include:

- Increased range of motion and flexibility
- Decreased pain
- Reduced joint stress
- Improved muscle strength and tone
- Increased cardiovascular function
- Increased circulation
- Increased strength and endurance

Some common conditions treated with aquatic therapy include:

- Arthritis, backpain and other pain conditions.
- Fibromyalgia
- Post surgical conditions such as total hip or knee replacement or rotator cuff surgery.
- Orthopaedic and sports injuries.
- Stroke and other neurological disorders.
- Balance disorders.

Talk to your doctor about whether therapy may help you. We hope you will choose one of our convenient locations.

**FirstHealth Rehabilitation–Pinehurst
Moore Rehab**

Located in FirstHealth Fitness–Pinehurst
170 Memorial Drive • (910) 715-1825

FirstHealth Rehabilitation–Raeford

Located in FirstHealth Fitness–Raeford
313 Teal Drive • (910) 904-7407

FirstHealth Rehabilitation–Rockingham

Located in FirstHealth Fitness–Richmond
120 Richmond Memorial Drive • (910) 410-9539

FirstHealth Rehabilitation–Sanford

Located in FirstHealth Fitness–Sanford
2925 Beechtree Drive • (919) 774-1595

When you need Rehab ... You need FirstHealth.



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REHABILITATION

For more information on FirstHealth Rehabilitation or Aquatic Therapy,
please call (910) 715-1600 or email rehab@firsthealth.org.

www.firsthealth.org/rehab

