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, back pain 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.*

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

[www.firsthealth.org/rehab](http://www.firsthealth.org/rehab)