

# Aqua Rehab

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Take your rehab into the water! Use of the water takes the stress off the joints while improving strength and range of motion where you need it most.

The exercises prescribed by your Physical Therapist can be done independently in our pool without the worry of lap swimmers passing you by.

**1:00pm - 2:00pm**

**\$8 per visit**

Swim caps must be worn

Please call Jennifer McNulty at 684-0260 with any questions.



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