

Physical Therapy Doesn't Have to Hurt to be Effective

TRY AQUATIC THERAPY!

ABOUT *ProStep*:

ProStep's clinic services are tailored to meet the rehabilitation needs of the community. Our specialized outpatient programs are designed for people of all ages.

Our therapy programs utilize an interdisciplinary team approach to treatment and involve not only our licensed therapy staff, but family members and attending physicians. Our team's philosophy of rehabilitation is patient centered and focused on individual goals and the desired outcomes.

Our mission is to provide caring rehabilitation allowing patients to keep healthy and active within their family, work and community.

CERTIFIED AND TRAINED IN AQUATIC THERAPY



Pool Temperature: 85°

AQUATIC THERAPY HELPS:

- Orthopedics
- Sports injuries
- Neurological
- Strength/conditioning

BENEFITS OF AQUATIC THERAPY:

- Unloading of painful joints, knees, hips and spine
- Increased flexibility and motion
- Muscle re-education
- Strengthening
- Balance
- Increased safety
- Decreased spasticity

WHY AQUATIC THERAPY?

- Ideal for many orthopedic patients including osteoarthritis & other degenerative disorders
- Muscle relaxation due to buoyancy
- Can decrease the need for passive modalities
- Low impact
- Decrease edema
- Pain relief

*Ask Your
Physician to
Refer You to
Prostep Today!*

262-728-5918

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ProStep
REHABILITATION