



Feel the strength that comes from being pushed. And pushing yourself.

**Find your strength.**



## AQUATIC PHYSICAL THERAPY

AT THE LYNCH/VAN OTTERLOO YMCA



**SPAULDING™**  
REHABILITATION NETWORK

Aquatic Physical Therapy can be very helpful for conditions such as arthritis, back/neck pain, sprains, strains, or fractures and for individuals recovering from surgery.

### Benefits of Aquatic Physical Therapy Include:

- Relieves Pain
- Improves Strength
- Enhances Balance & Stability
- Improves Range of Motion
- Loosens Stiff Joints
- Reduces Spasticity
- Improves Overall Conditioning

**Aquatic Therapy Services  
Are Offered:**

**Mon. & Wed.: 11:00 - 1:00**

**Tues. & Thurs.: 10:30 - 12:30**

For more information please call our Aquatic Therapy Program, **781.639.0055**, or visit [www.spauldingnetwork.org](http://www.spauldingnetwork.org)

Find us on:

