

# AQUATIC PHYSICAL THERAPY

Now Available

at

Shaughnessy-Kaplan Rehabilitation Physical Therapy

*Located within the new Lynch/van Otterloo YMCA in Marblehead*

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 or seeking a preventative fitness program.



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

**To schedule an appointment or for more information about our Aquatic Therapy Program, please call 781-639-0055**



SHAUGHNESSY-KAPLAN  
REHABILITATION

Physical Therapy

Lynch/van Otterloo YMCA  
40 Leggs Hill Road,  
Marblehead, MA 01945  
Phone: 781-639-0055

[www.skrh.org/outpatient](http://www.skrh.org/outpatient)