

*Greetings
from*



Rehabilitation

Physical Therapy

Your personal therapy care

Are you experiencing joint pain and stiffness this winter?

When the temperature outside drops many active people experience aches, pains, and stiffness. Exercising in a warm water pool is an excellent way to decrease aching joints and tight muscles.

Our team of therapists has developed an excellent warm water-stretching program that helps to significantly improve a participant's range of motion and achieve joint and arthritic relief.

If you have arthritis or are recovering from joint surgery, you may benefit from our physical therapy warm water treatment program.

Give us a call today to learn more: **286.9225**.

- All major insurances accepted
- Free parking
- Convenient hours: 8:00 am to 6:00 pm
Monday through Thursday and Friday
from 8:00 am to 4:00 pm



Work. Wellness. Independence.



**Rochester
Rehabilitation**

1000 Elmwood Avenue, Rochester, NY 14620
rochesterrehab.org

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