

**KERNAN ORTHOPAEDICS AND REHABILITATION
2200 KERNAN DRIVE
BALTIMORE, MARYLAND 21207**

FEATURING TWO AQUATICS PROGRAMS

AQUATIC PHYSICAL THERAPY

Aquatic physical therapy is the combination and utilization of the physical properties of water along with various exercise techniques. It uses the gravity-free environment of a 95-degree pool with the resistive properties of water to aid in recovery of muscle and joint function.

Aquatic therapy is relaxing and comforting to painful muscles and sore joints, and improves strength, flexibility, and endurance.

A licensed physical therapist and or physical therapist assistant provides an individualized aquatic therapy program for each person who has a referral for physical therapy.

STEPS TO BEGIN

Obtain a physician's referral

Call to schedule an appointment (410-448-6706)

ARTHRITIS AND WELLNESS PROGRAMS

Classes meet throughout the week under the direction of aquatic specialists. The goals are to have fun while performing activities for strengthening, stretching, and endurance in the pool, with water temperatures averaging 95 degrees.

PEOPLE WHO BENEFIT FROM WARM WATER EXERCISE

EVERYONE, especially those individuals with arthritis, chronic pain, fibromyalgia, joint stiffness, lupus, musculoskeletal disorders, obesity, pre/post surgical conditions, as well as those who have graduated from formal occupational or physical therapy programs.

STEPS TO BEGIN

1. Call for an Information packet (410-448-6411 or 410-448-6706).
2. Have your physician complete the Consent form (part of the Information Packet).
3. Bring your completed Consent form to the pool office.
4. Bring your swimsuit, pool shoes, and towel. We have changing areas and showers.

***FOR MORE INFORMATION, CALL 410-448-6706
BRING A FRIEND!***