



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

AQUA-THERAPY

**Tuesdays &
Thursdays
8:00-9:30 am
at the
Auburn YMCA**



Instructor:

**Ken Rescott, Physical Therapist & Director of
Aquatic Therapy at COAST Physical Therapy**

Did you know that certain conditions and injuries are best treated while you are in the water? This particular type of therapy is used to treat a variety of medical conditions and diseases such as arthritis, strokes, Parkinson's disease, obesity and post-op recovery. The use of water allows you to function at levels that are not possible outside of this environment, which affords positive physical gains.

An aquatic therapy plan of care can help a patient achieve:

- Less pain with normal, everyday activity
- Improved endurance throughout the day
- Greater ability to perform the activities that matter most to you
- Improved balance and coordination



FREE for Auburn YMCA Members (not open to the general public)

Pre-Registration is required

In order to participate you must have a prescription from your doctor. After receiving the prescription from your doctor call Ken Rescott at Coast Physical Therapy (315-253-3291) for an initial evaluation. Ken will also be at the Y to answer your questions...see back for more information.

**Auburn YMCA-WEIU
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