



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  
27 William Street  
Auburn NY 13021  
315-253-5304  
[www.auburnymca.org](http://www.auburnymca.org)**



  
**Coast PT**  
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