



# FUKUJI & LUM AQUATIC PHYSICAL THERAPY

**Aquatic Physical Therapy** sessions are provided in a heated pool by a licensed physical therapist and support staff who develop individualized care plans to meet patients' goals. Exercises performed in the water result in less stress on the joints and allow functional movements that can be too challenging to be performed with a land based therapy program.

## Common Injuries & Conditions

- Back, Shoulder, Hip or Knee Surgery
- Joint Replacements
- Degenerative Joint Disease
- Myofascial Pain or Fibromyalgia
- Balance Problems or Falls
- Frozen Shoulder
- Back Pain
- General Weakness
- Osteoarthritis
- Fractures
- Obesity

*The F&L Aquatic Clinic provides an environment unique in its healing potential by providing freedom from gravity to enable pain free rehabilitation. We strive to empower and instill confidence in our patients to overcome obstacles, foster optimism and hope and to heal beyond their expectations.*



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Aquatic Clinic Director



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