

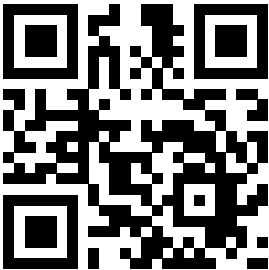
GAIN STRENGTH THROUGH AQUATIC THERAPY

free-classifieds-usa.com



Contact: Lela Spitler

Phone: 1-307-634-0298



<https://tinyurl.com/278cax32>

Address: 611 West 18th Street, Cheyenne, Wyoming, United States

Price: Check with seller

Description:

Aquatic therapy is commonly used to help you gain balance and strength in your lower body. When you are inside the pool your joints are not compressed with your weight which allows you to move freely and reduce swelling which stems due to arthritis. Your muscles are grouped around affected joints to improve the strength and coordination of supporting muscles. At Avenues Physical Therapy discovered in Cheyenne, WY, our physical therapist treats arthritis, joint mobilization, post-surgical rehab, shoulder and back pain, walking issues, and many more using aquatic therapy. The uniform resistance of the water also allows for unique feedback to the nervous system, improving coordination with walking. For more inform...

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