



TLC REHAB

Physical & Hand Therapy

OBSTETRICAL PROGRAM

AQUATIC THERAPY

Utilize unique properties of water for enhanced healing

- Non Weight-Bearing Resistance - build muscular and cardiovascular strength and endurance without risk of joint trauma.
- Hydrostatic Pressure - can reduce swelling and increase circulation.
- Safe environment from falling and loss of coordination.
- Warm and relaxing environment.

TLC Physical Therapy & Aquatics will help our patients have a healthy and comfortable pregnancy... before, during and after.

SYMPTOMS / DIAGNOSIS:

- Neck, Pelvic joint, and Back Pain
- Joint pain, Swelling, Stiffness
- Joint/Muscle Discomfort
- Muscle Weakness
- Swelling in the Hands and/or Legs Feet
- Post Partum
- Diastis recti

UTILIZATION:

- Swiss Ball Stabilization Exercises
- Lumbar Stabilization Exercises (all levels)
- Pregnancy Massage
- Prenatal Pilates
- Warm Water Pool Exercises
- Pelvic floor re education

FOR COMPLETE HEALING WE WILL:

- **CONSULT** with your healthcare professional to determine co-treatment opportunities to further enhance healing.
- **DEVELOP A COMPREHENSIVE HOME EXERCISE PROGRAM** uniquely designed to continue progress made in therapy.

COMMON DIAGNOSIS:

- Neck/Back Pain
- Pelvic Pain
- Joint Pain—swelling & stiffness
- Muscle Weakness
- Swelling in the hands and feet

Get back on your feet fast with TLC Physical Therapy comprehensive FOOT & ANKLE PROGRAM!