

AQUATIC REHAB & PERFORMANCE



**PERSONALIZED
RECOVERY USING
STATE-OF-THE-ART
TECHNOLOGY**

TCOmn.com



PROGRAM DETAILS

Whether you are a high-level athlete or someone working to get back to the fundamentals of flexibility, strength and function, we are able to customize an aquatic therapy program for you. We use state-of-the-art equipment with specialty trained staff to maximize your capabilities while being conscious of factors including potential post-operative restrictions, pain, and functional limitations. You will work 1-on-1 with our therapy providers in the pool to ensure you receive the customization and attention to detail required for maximal outcomes.

SERVICES

- Reduce weight bearing load and impact stress during movement
- Low impact athletic performance & conditioning
- Improve range of motion & mobility
- Address balance impairments using specialized equipment
- Increase muscular stability, core strength & cardiovascular endurance
- Decrease joint, low back, and chronic pain
- Private, temperature-controlled environment

FOR MORE INFORMATION ON PRICES, LOCATIONS & PLANS, CONTACT:

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