

“NEW WAVE” ARTHRITIS CLASS

Call (225) 231-3107
for Registration
Information!

- **DATES:** Every Tuesday & Thursday
- **TIME:** 10:00 AM - 11:00 AM
- **LOCATION:** Baton Rouge Rehab Hospital, 8595 United Plaza Blvd.
- **FEE:** \$45.00 (6 sessions) or \$84.00 (12 sessions)*

**savings of \$6.00 with 12 session card!*

BENEFITS

- **Heat:** Pool temperatures range from 92 to 96 degrees, which allows for relaxation of the muscles, decreased pain and increased range of motion.
- **Buoyancy:** Provides support and decreased body weight, which challenges balance and allows easier movement with less pain through joints.
- **Resistance:** Increases muscle strength in all directions as well as improve sensory awareness.
- **Hydrostatic Pressure:** Pressure from the surrounding water helps circulate the blood from the legs to the heart, often reducing swelling and joint tenderness while increasing range of motion.

CONTRAINDICATIONS

- Open Wounds that cannot be covered with water resistant bandage
- Bowel/Bladder Incontinence
- Respiratory, Bladder or Urinary Tract Infections
- Seizures
- Ostomies
- Cardiac Issues (requires clearance from treating physician)

Baton Rouge Rehab Hospital

8595 United Plaza Boulevard
Baton Rouge, LA 70809
BRRehab.com

Baton Rouge Rehab Hospital
... Moving Forward With You!

