

CONDITIONS TREATED:

- Orthopedic conditions
- Neurological conditions
- Fibromyalgia
- Spinal Disorders,
- Pain Management

PEDIATRIC AND ADULT PATIENTS

REFERRAL:

A physician's referral with a documented diagnosis required for services.

PAYMENT:

We accept private pay, Workman's Comp., Blue Shield, Blue Cross, Medicare & private insurance dependent upon the individual's coverage.

OUR OTHER SERVICES:

- Aquatic Fitness Classes
- Independent Fitness Usage
- Personal Training
- Massage Therapy
- Swim School—All Ages

"WHERE AQUATICS IS MUCH MORE THAN JUST

Blandon Location:
825 Park Road
Blandon, PA 19510
610-944-9500

Birdsboro Location:
320 West Main Street
Birdsboro, PA 19508
610-582-2348



The Physical Therapy Center
at
AQUABILITIES
Aquatic & Physical Therapy Centers



Individualized treatment in both land- and water-based Physical Therapy

Birdsboro
610-582-2348
Blandon
610-944-9500

TREATMENT:

Aquabilities' Physical Therapy Center is a private, comprehensive physical therapy practice specializing in orthopedic and spine rehabilitation utilizing both land-based and water-based technology. Aquabilities is dedicated to the appropriate use of aquatic and land exercise and manual therapy techniques, considering individual alignment, flexibility and neuromuscular control.

In certain conditions, utilizing the water enables the individual to have additional options in movement and exercise with the ability to transition to land as recovery and healing allows. Our program focuses on postural alignment, neuromuscular control and function as we progress the individual through decreasing pain, increasing range of motion, strengthening muscles, and increasing cardiovascular and muscular endurance.

HOW TO GET INVOLVED:

In order to begin treatment you must have a prescription for physical therapy from a podiatrist, dentist or medical doctor. You can then contact our PT Office staff with your personal and insurance information for verification and/or pre-certification. Our office associate will inform you of the benefits coverage quoted to her by your insurance carrier. Once this is completed the PT staff will contact you to schedule your initial evaluation.



OUR FACILITIES:

BIRDSBORO:

FITNESS POOL: 25 yards long; 3.5–4 feet deep with a 20 by 20 feet by 6 feet deep fitness well; 86 degree water; 6 Aquatrend (in-water fitness and strength training apparatus); **HYDRO-**

THERAPY POOL: 4 feet deep; 96 degree water; walk-in steps and bench; raised pool for wheelchair accessibility; **PRIVATE TREATMENT**

AREAS

BLANDON:

POOL: 25 yards long—50 feet of 4 feet deep water and 25 feet of 8 feet deep water; 90 degree water; 2 Aquatrend (in-water fitness and strength training apparatus); **PRIVATE TREATMENT AREAS; PT EXERCISE ROOM**

TREATMENT METHODS:

Land- and water-based manual therapy techniques including:

- myofascial release
- soft tissue mobilization
- neuromuscular re-education
- therapeutic exercise,
- cranio-sacral therapy and
- other modalities

OUR MISSION:

Aquabilities was founded with the belief and knowledge that every person has the ability to participate in, receive physical benefits from, find pleasure through and gain greater self-awareness from aquatic activities. We have expanded that mission in recent years to include land-based exercise and wellness. Our mission is to facilitate healing on multiple levels through physical training and education with the goal of restoring and advancing each individual to his/her maximum ability level.