

Therapy to Fitness Program

at Passavant Community



Do you:

have a medical or chronic condition that you know would benefit from regular exercise, but you are reluctant to go to a gym?

have an upcoming surgery and would like to improve your outcome through pre-surgery exercise?

want to improve your overall health and fitness status to be as independent as you can be?

The Therapy to Fitness program is changing the way people improve and maintain their health. Through fitness, wellness and guidance, the Therapy to Fitness program is *specifically* designed to improve your life and health.

Our exceptionally qualified and professional staff will work closely with your doctor and other healthcare providers to help you achieve and maintain an outstanding quality of life, while also helping to prevent injuries.

The overall program goal is to help you remain as physically fit and independent as you are able, despite ongoing physical or medical impairments.

The program is open to anyone, not just residents of Passavant Community.

Our current programs include:

Arthritis therapy, including aqua therapy

Pre-operative exercise for surgery preparation

Balance and fall prevention

Osteoporosis management and prevention

Therapy for neurological diagnoses such as Parkinson's Disease, stroke, Multiple Sclerosis and vestibular disorders.

For more information about our program and insurance coverage, contact us at (724) 452-3492 or email OutpatientTherapy@lutheranseniorlife.org.


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