

Aquatic Therapy Program



The UPMC Aquatic Therapy Program allows the body to become more buoyant, decreasing the amount of pain and stress on the joints. Offering some of the warmest water in the area, our group sessions create a friendly and safe environment that allows each person to reach their full potential in the water.

Aqua therapy:

- Promotes early range of motion
- Increases flexibility
- Tones muscles
- Increases the healing and strengthening of injured tissues
- Reduces joint stiffness

It's a useful rehabilitation option for people who:

- Have arthritis or chronic pain
- Have fibromyalgia
- Are recovering from surgery

Pricing

Option 1: \$110 per six week session
Attend 3 times each week (Rate = about \$6 per session)

Option 2: \$100 per six week session
Attend 2 times each week (Rate = about \$8 per session)

Option 3: \$60 per six week session
Attend 1 time each week (Rate = \$10 per session)

Typical group size is 4-8 people, with sessions lasting approximately an hour.

Location

UPMC Rooney Sports Complex
3200 S. Water St.
Pittsburgh, PA 15203

To register for the Aquatic Therapy program or to learn more, please call [412-432-3871](tel:412-432-3871).