

Hip and Knee Aquatic Rehabilitation Following Hip and Knee Surgery

Experience the healing power of water. This new warm water pool class is designed specifically for people recuperating from a hip or knee surgery. Experienced instructors will guide participants through a rehabilitation program geared to improve range of motion, decrease edema, and improve mobility and balance. The class combines strengthening, stretching, and balance training that will maximize your function following surgery.



Date/Time: 1:00-2:00 p.m. Tuesday and 12:00-1:00 p.m. Thursday for 6 weeks
(Classes offered quarterly starting in January, April, July and October.)

Cost: \$120.00 for each 6-week series (13 classes)

Instructor: Ann Sheedy, Physical Therapy Assistant
Micki Wensman, Physical Therapist

Requirements:

- Must be able to negotiate steps with a railing
- Surgical scar must be completely healed
- Must have physician approval (UnityPoint Health - Meriter staff will contact your physician to obtain approval for participation.)

Location: UnityPoint Health – Meriter – Therapy Middleton at Harbor Athletic Club
2529 Allen Blvd.
Middleton, WI 53562

Registration: Please call **417-8025**

For more details on class format or scheduling, please visit us at
unitypoint.org/classes or call (608) 417-8025.

HarborAthleticClub
fitness is a lifelong pursuit

unitypoint.org

 **UnityPoint Health**
Meriter

PARTNER OF
 **UW Health**