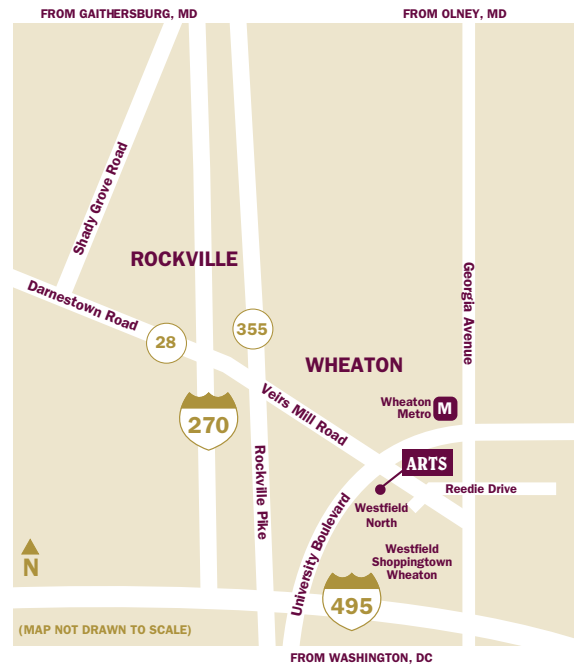


Location

ARTS is located at 2730 University Blvd. West, Suite 714, in the Westfield North office building on the grounds of Westfield Shoppingtown Wheaton.



How to Enroll

Prior to participating, clients are asked to complete a health screening questionnaire that enables our staff to better understand individual needs and goals. For more information or to get started in the ARTS Wellness Program, please call our office at:

301.942.2520

ARTHRITIS &
REHABILITATION
THERAPY
SERVICES

ARTHRITIS & REHABILITATION
THERAPY SERVICES

2730 University Boulevard West
Suite 714
Wheaton, MD 20902
(on the grounds of Westfield Shoppingtown Wheaton)

301.942.2520

Wellness Program

Helping
to maintain
mobility
and preserve
independence

A Division of Arthritis & Rheumatism Associates, PC
For more information, please visit our web site at
www.washingtonarthritis.com

About the Wellness Program

The Wellness Program at Arthritis & Rehabilitation Therapy Services (ARTS) is an extension of the program we offer to patients who have been prescribed a course of physical therapy as part of a medical treatment plan.

It is also designed as a plan for individuals who are interested in participating in a safe and effective regimen geared to promoting overall wellness.

Our Wellness Program assists individuals to:

- Continue maintaining or improve their physical functioning by:
 - Increasing Cardiovascular Endurance
 - Improving Flexibility
 - Strength Training
 - Muscular Toning
 - Educating on management of Osteoporosis
 - Decreasing Arthritic Pain
 - Back Protection Program
 - Balance Training
 - Minimizing soft tissue impairments
 - Nutrition Education
 - Joint Protection Education
 - Ergonomic Efficiency
- Enhance their quality of life and enjoy exercising
- Have access to the physical therapists (PTs) and Physical Therapy Assistants (PTAs) for questions and support
- Pay a nominal fee with no contracts and the ability to discontinue at any time

Classes and Services

The classes and services offered through the ARTS Wellness Program are conducted by professional therapists, trainers and nutritionists. They are designed to help clients continue to live independently in the community. This program is available without a medical prescription and is not covered by insurance.

Offerings include:

- **Massage Therapy** – soft tissue services performed by a licensed massage therapist. Massage therapy focuses on relieving muscle pain in specific areas using manual techniques such as soft tissue mobilization, myofascial release, acupuncture and trigger point release.
- **Personal Training** – offers one-on-one guidance for individuals interested in a personalized program of exercise to address their specific areas of concern.
- **Nutrition Counseling** – addresses dietary considerations that can promote good health and minimize the progress or effects of disease.
- **Moderate Exercise Class** – available to seniors who live an active lifestyle and wish to maintain their level of fitness. This class focuses on gentle stretching and general upper and lower body conditioning. Benefits include greater range of motion, pain relief, improved balance, and increased circulation that can lead to improved vitality and cognitive function.

- **Yoga Class** – to maintain or gain increased muscle tone, balance, strength and improved frame of mind. Yoga is known to benefit posture, decrease pain, and increase strength, range of motion and flexibility.
- **Osteoporosis Class** – increases osteoporosis awareness while incorporating exercise to increase bone density, muscle strength, balance and posture. Based on the Sara Meeks Method for Osteoporosis, participants can reduce their fracture risk by incorporating low-impact, weight-bearing exercise and building core strength that increases balance and reduces the risk of falls. In the process, clients learn safe body mechanics and build confidence for carrying out daily activities.
- **Back School** – teaches participants how to protect their back and become more aware of habits and postures that can lead to problems or aggravate existing conditions. This course covers the anatomy of the spine, common injuries and disorders, as well as how proper body mechanics can protect the back while sitting, standing, lifting and doing household chores like vacuuming and gardening. The program addresses ergonomic issues associated with home or office work, along with the influence of sleeping positions.
- **Balance Class** – focuses on exercise that increases core strength and body awareness to reduce the risk of injury-producing falls.