



Wellness Program

Motion Plus Aquatic & Therapy Center supports the full continuum of recovery, rehabilitation and restoration of physical abilities. Rehabilitation services may assist you to achieve a safe and functional status allowing you to meet the demands of your daily life. **However**, continued restoration, maintenance and even achieving a higher level of health are up to you!

Through our **Wellness Program**, former patients as well as new clients are provided a safe fitness environment. Wellness Program members can perform their recommended exercises on state-of-the-art equipment in the presence of rehabilitation professionals.

Benefits of our Wellness Program include:

Complete access to our state-of-the-art rehabilitation and fitness equipment.
Presence of rehabilitation professionals for guidance ensures your safety and comfort.
Complete access to our facility during our normal operating hours.

Wellness Menu of Services:

- Wellness Exercise: Monthly \$30 / Annual \$270 (3-month's savings!)
- Aquatic Wellness program: Monthly \$50
- One-on-one Fitness Assessment with a Physical Therapist: \$ 100
- Soft-tissue Massage by a Physical Therapist: 30 minutes \$ 55 / 15 minutes \$30
- Personal Training Session (one-on-one with a Physical Therapist): \$75
- Electrical Stimulation (pain control, expedites healing): \$25
- Ultrasound (pain control, tissue healing, great for Bursitis!): \$25
- Mechanical Traction (Relief of upper or lower back pain professional): \$25
- Low-level Laser Therapy (decrease pain, increased circulation and more \$30

Comprehensive Physical, Speech and Massage Therapy & Rehabilitation Services, serving families throughout Los Angeles Area

Be fit, be well, be active.

Helping you to be your best self

