AMPUTEE EXERCISE GROUP

PURPOSE:
The purpose of the Amputee Exercise Group is to help amputee patients maintain a regular exercise program, specifically designed for their unique needs. Exercises will be performed in a circuit format and include stretching, strengthening, cardiovascular endurance, balance, and gait activities.

ELIGIBILITY:
You must be able to participate in the circuit courses. If you require physical assistance to perform the exercises your caregiver or aide will be required to participate.

FREQUENCY:
The group is offered one time a week on Wednesday from 2-3pm.

WHERE: Beaumont Health Center
        4949 Coolidge Hwy. Royal Oak, MI 48073
        Section E

COST: $12.50 per class

INSTRUCTOR: A licensed physical therapist and physical therapist assistant

Maximum number of participants is 4.

****CALL TODAY TO RESERVE YOUR SPOT: (248) 655-5800