

# Can Aqua Therapy Help Me?

Due to the 92° water temperature and the buoyancy provided by the water, our Aquatic Therapy Pool is the perfect place for patients with the following conditions:

- Low Back Pain
- Knee Pain
- Foot/Ankle Pain
- Osteoporosis
- Post Joint Replacement
- Neck/Shoulder Pain
- We offer a Wellness Program for discharged patients.



*“Aquatic therapy was the best therapy I could have imagined. Being in the water and doing the exercises Donna gave me was just what I needed. After a week or so of therapy, I felt much better and was able to do things that prior to therapy were painful.”*

**- Current CPT Wellness Patient**

Cumberland Physical Therapy  
6375 Mercury Drive, Suite 100  
Mechanicsburg, PA 17050

# CUMBERLAND PHYSICAL THERAPY *presents ...*

## Back to Health

March 2010



VISIT OUR WEBSITE:  
[www.cumberlandphysicaltherapy.com](http://www.cumberlandphysicaltherapy.com)



**CUMBERLAND PHYSICAL THERAPY**  
www.cumberlandphysicaltherapy.com

Our patients have always referred their friends and family to our practice, but we've never said a formal "Thank You". We feel our former patients are our BEST advertisement and that your recommendation will mean everything to someone in need of physical therapy.

Cumberland Physical Therapy wants to take the time to say Thank You! Whenever a former patient sends a family member or friend to our practice, they will receive a \$25 gift card to any ONE of the following: Borders, Carrabba's, Land's End, or Olive Garden (your choice). This is our way to say we appreciate your recommendation of our clinic.

- ✓ Print this form, fill it out & give it to a friend/family member who needs physical therapy.
- ✓ When that friend/family member turns it in at their initial evaluation, you will be mailed your gift card.

*It's That Simple!*

**HOW THIS WORKS**

Your Name: \_\_\_\_\_

Your Address and Phone # \_\_\_\_\_

Name of Friend you Referred: \_\_\_\_\_

Gift Card Choice (circle one):

- BORDERS      CARRABBA'S
- LAND'S END    OLIVE GARDEN

Please feel free to call Aimee at 591-9001 with any questions regarding our new PRP (Patient Referral Program). Thanks again for your support!

Mercury Drive Ofc: 591-3000  
Gettysburg Pike Ofc: 591-9001  
Camp Hill Ofc: 901-3901  
New Cumberland Ofc: 695-2500

**OSTEOPOROSIS:**

*Silent loss of bone  
that is NOT part of the aging process*



**L**earning about this condition and prevention of its consequences is of paramount importance. Treatment by a Physical Therapist is much less painful and less expensive than the effects of a fracture.

therapy approach to postural correction and body alignment that is safe for patients with low bone mass and skeletal fragility.

Our treatment is effective and safe for patients with the following diagnoses:

- Spinal Stenosis • Spondylolisthesis
- Low Back Pain • Scoliosis
- Recent or Non-Recent Low Back Surgery

Please call our office to schedule an appointment.

**591-3000**

**CUMBERLAND PHYSICAL THERAPY**  
NOW HAS FOUR LOCATIONS  
TO SERVE PATIENTS ON THE WEST SHORE!

6375 Mercury Drive, Mechanicsburg  
(near Wegmans) 591-3000

555 Gettysburg Pike, Mechanicsburg  
(near Messiah College) 591-9001

1847 Center Street, Camp Hill  
(near Holy Spirit Hospital) 901-3901

503 Bridge Street, New Cumberland  
695-2500

**DID YOU KNOW?**

*Cumberland Physical Therapy has rehabilitation specialists in the following areas:*

- Aquatic Therapy
- Osteoporosis Treatment
- Total Joint Replacements
- Rotator Cuff Repairs
- Neck & Low Back Pain
- Fibromyalgia
- Sports Injuries
- Arthritis
- ACL Repairs
- Knee Pain
- Foot/Ankle Pain
- Chronic Headaches
- Incontinence/Pelvic Pain
- Balance/Dizziness Symptoms
- Lymphedema Treatment