

Stay active in your golden
years at our

Rehab In Motion Senior Care Center



A Senior Care Center that's just right for you.

You may be a senior, but you enjoy an afternoon stroll or light exercise just as much as someone younger than you. And while each of you may get injured, you each need unique physical therapy that meets your unique physical therapy needs. And that's where our Rehab In Motion Senior Care Center comes in. We can motivate and educate you to a faster recovery that relieves pain in no time at all. Because every day you're in pain is a day you're not out enjoying the great outdoors.

With a caring staff with over two decades of combined physical therapy expertise, you can trust you are in caring, qualified hands.

Our Rehab In Motion Senior Care Center can help:

- Educate you on proper stretching exercises to prevent injuries
- Improve your overall physical fitness
- Show you gentle aerobic exercises
- Keep you active and fit for life!

Free Evaluation

This no-cost, no-obligation evaluation is a great way to begin a healthier lifestyle — and a great way to meet some of the most caring physical therapists in Robertsdale.

Evaluation includes:

- Blood pressure screening
- Fitness assessment
- Body fat analysis



Rehab In Motion

Personalized, hometown care in a health club

Call (251) 947-7911

www.rehabinmotionphysicaltherapy.com

We make your recovery fast with the following conveniences:

- A motivating atmosphere
- Friendly, knowledgeable staff
- State-of-the-art equipment
- Full-service locker facilities
- No crowds, no pressure
- Free gym access during rehab