

# Arthritis Aquatic, Winchester Rehabilitation Center

Age Requirements

18 and over

Family

No

Intake Process

If you think aquatic physical therapy can assist you in reaching your goals, ask your physician for a referral. Then call the convenient location for you to schedule an appointment. Aquatic physical therapy may be covered under Medicare, and many insurance companies will reimburse the cost of this service.

Provider Refer

Yes

Report Problems

Call the Agency

Valley Health Rehabilitation Services

<https://www.vhwellfit.com/>

Main

(540) 536-5113

Toll-Free

(800) 382-0772

Wellness Center

401 Campus Boulevard

22601 VA

United States

Fee Structure

Fixed Fee

Payment Method(s)

Private Pay

,

Private Insurance

,

Medicare

,  
Tricare  
Languages Spoken  
English

Well Fit is an aquatic class for individuals with arthritis that is provided at the Wellness Center, Winchester Rehabilitation Center. You must be a member of the Wellness Center to participate. The class is generally an 8 week class.

The class is a specialized physical therapy practice using the buoyancy and support of water to enhance exercise and create a safe environment for a patient to work towards recovery and independence.

The pool is accessible to all individuals with disabilities or injuries by using a lift chair or adaptive stairs. It is not necessary to know how to swim to participate in aquatic physical therapy.

Other common conditions helped include fibromyalgia, osteoarthritis, back pain, and chronic pain syndrome

Service Area(s)  
Clarke County  
,  
Frederick County  
,  
Warren County  
,  
Winchester City