

## Locations

Every component of the Wellness Program is available at our Wheaton location and various specific classes and services are offered at our other ARTS locations. Please visit our website at [www.washingtonarthritis.com](http://www.washingtonarthritis.com) for details, or call (301) 942-2520 for more information. See the maps on the back of this brochure to find the office nearest to you.

14995 Shady Grove Road  
Suite 260  
Rockville, MD 20850  
301.929.4125  
*(across the street from  
Shady Grove Adventist Hospital)*

2730 University Blvd. West  
Suite 714  
Wheaton, MD 20902  
301.942.2520  
*(Westfield North Building  
adjacent to Westfield Shoppingtown Wheaton)*

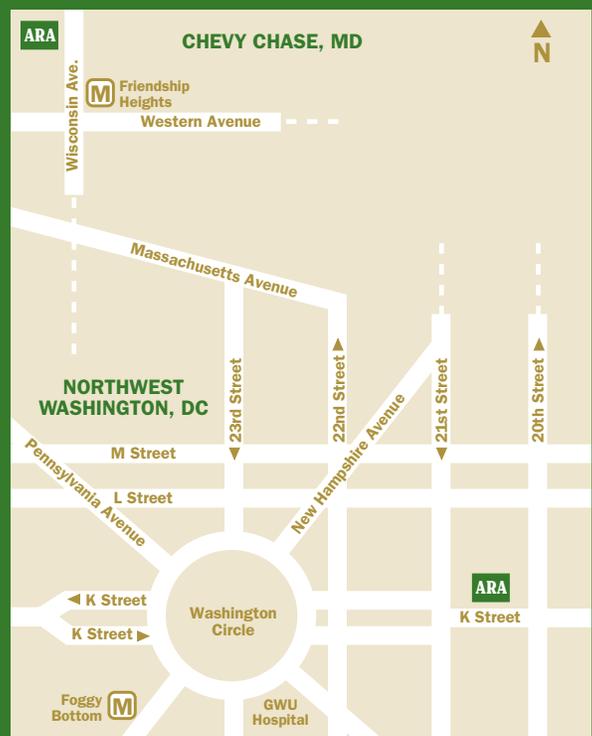
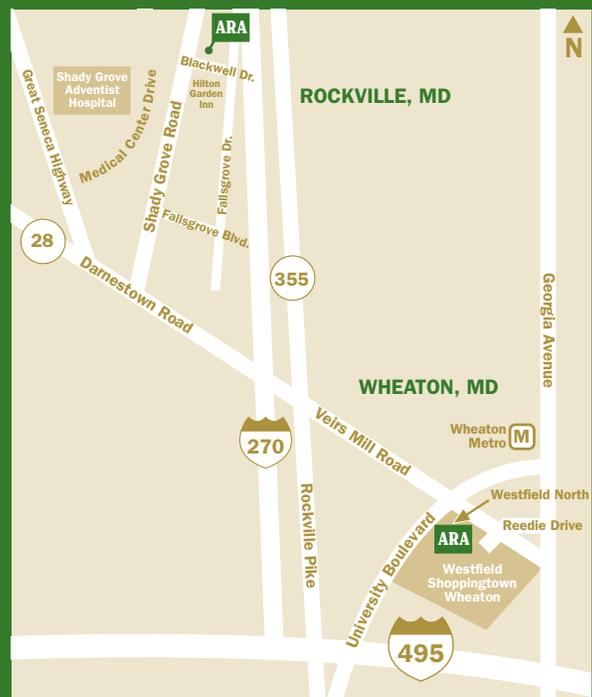
5454 Wisconsin Avenue  
Suite 600  
Chevy Chase, MD 20815  
301.942.0442, ext. 526  
*(close to Friendship Heights Metro Station)*

2021 K Street, NW  
Suite 310  
Washington, DC 20006  
301.942.0442, ext. 431  
*(close to Farragut North Metro Station)*

[www.washingtonarthritis.com](http://www.washingtonarthritis.com)

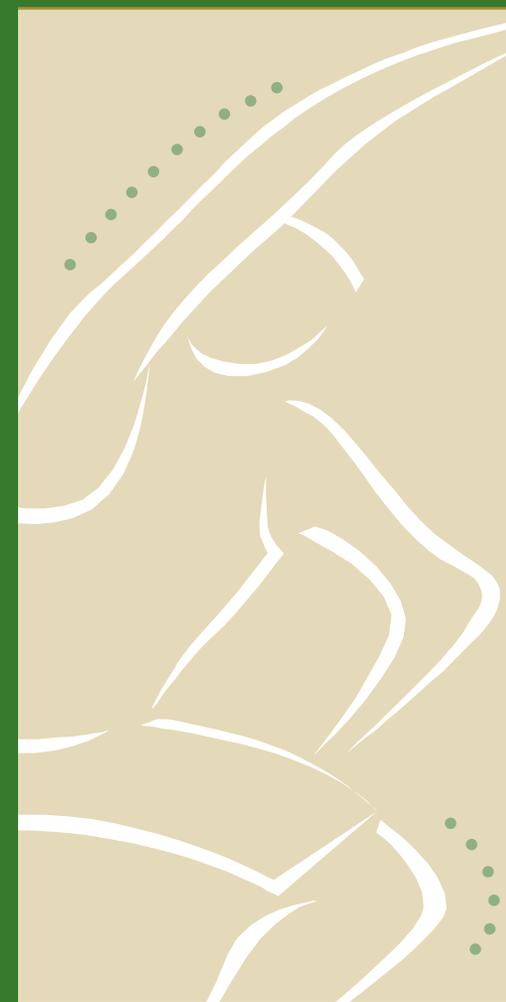
*Arthritis and Rehabilitation Therapy Services  
is a Division of Arthritis and Rheumatism Associates, P.C.*

## ARTHRITIS & REHABILITATION THERAPY SERVICES OFFICE LOCATIONS:



(MAPS NOT DRAWN TO SCALE)

## ARTHRITIS & REHABILITATION THERAPY SERVICES



WELLNESS  
PROGRAM

*Maintaining  
Mobility  
and  
Preserving  
Independence*

---

ARTHRITIS &  
REHABILITATION  
THERAPY  
SERVICES

---

## *About the Wellness Program*

The Wellness Program at Arthritis & Rehabilitation Therapy Services (ARTS) is an extension of the program we offer to patients who have been prescribed a course of physical therapy as part of a medical treatment plan. It is also designed as a plan for individuals who are interested in participating in a safe and effective regimen geared to promoting overall wellness.

Our Wellness Program offers individuals an opportunity to:

- Maintain or improve their physical function by:
  - Increasing Cardiovascular Endurance
  - Improving Flexibility
  - Strength Training
  - Muscular Toning
  - Education on management of Osteoporosis
  - Decreasing Arthritic Pain
  - Back Protection Program
  - Minimizing soft tissue impairments
  - Nutrition Education
  - Joint Protection Education
  - Ergonomic Efficiency
- Enhance their quality of life and enjoy exercising
- Have access to the Physical Therapists (PTs) and Physical Therapy Assistants (PTAs) for questions and support
- Pay a nominal fee with no contracts and the ability to discontinue at any time

## *Classes and Services*

The classes and services offered through the ARTS Wellness Program are conducted by professional therapists, trainers and nutritionists. They are designed to help clients continue to live independently in the community. This program is available without a medical prescription and is not covered by insurance.

Offerings include:

- **Open Gym** – offers clients a customized exercise program based on a thorough review of their medical history and a physical assessment by a trained clinician. Individuals perform their exercise routine in the physical therapy space during business hours and have the opportunity to ask questions, have their exercise technique observed and corrected, and meet with their clinician once a month for a re-assessment and modification of their exercise program as needed. There are no contracts and clients can cancel at any time.
- **Massage Therapy** – soft tissue services performed by a licensed massage therapist. Massage therapy focuses on relieving muscle pain in specific areas using manual techniques such as soft tissue mobilization, myofascial release, acupressure and trigger point release.
- **Personal Training** – offers one-on-one guidance for individuals interested in a personalized program of exercise to address their specific areas of concern.
- **Nutrition Counseling** – addresses dietary considerations that can promote good health and minimize the progress or effects of disease.
- **Moderate Exercise Class** – available to seniors who live an active lifestyle and wish to maintain their level of fitness. This class focuses on gentle stretching and general upper and lower body conditioning.

Benefits include greater range of motion, pain relief, improved balance and increased circulation that can lead to improved vitality and cognitive function.

- **Yoga Class** – to maintain or gain increased muscle tone, balance, strength and improved frame of mind. Yoga is known to benefit posture, decrease pain, and increase strength, range of motion and flexibility.
- **Osteoporosis Class** – increases osteoporosis awareness while incorporating exercise to increase bone density, muscle strength, balance and posture. Based on the Sara Meeks Method for Osteoporosis, participants can reduce their fracture risk by incorporating low-impact, weight-bearing exercise and building core strength that increases balance and reduces the risk of falls. In the process, clients learn safe body mechanics and build confidence for carrying out daily activities.
- **Back School** – teaches participants how to protect their back and become more aware of habits and postures that can lead to problems or aggravate existing conditions. This course covers the anatomy of the spine, common injuries and disorders, as well as instruction in proper body mechanics to protect the back while sitting, standing, lifting and doing household chores like vacuuming and gardening. The program also addresses ergonomic issues associated with office work and the influence of sleeping positions on back health.

## *How to Enroll*

Prior to participating, clients are asked to complete a health screening questionnaire that enables our staff to better understand individual needs and goals. For more information or to get started in the ARTS Wellness Program, please call the location nearest you.