

Post-Physical Therapy Program

If you are currently recovering from an injury and have already completed your physical therapy, you might be left wondering what the next step is.

After a serious or reoccurring injury, an effective fitness program will help maintain any progress in mobility, strength, and stability that was gained during physical therapy.

Post-physical therapy exercise can seem overwhelming or even impossible if you are still experiencing pain or fatigue, but continuing to strengthen your body will ensure that you continue to make progress on your road to complete recovery.

This 5 week program with a certified personal trainer will help you reach those goals.

Call or Email us to schedule an appointment TODAY!
843-836-7470
bsapp@hamptonlakeclub.com



Strengthen



Tone



Stretch

Hampton Lake

Fitness Central



Welcome to our fully equipped fitness center at Hampton Lake. We promote a healthy, active lifestyle by offering programs that emphasize education and safety. Join us to start your journey towards a better, restored you!

204 Hampton Lake
Crossing
Bluffton, SC 29910