

# HARTZ Physical Therapy's M.A.G.



90 Good Drive Lancaster, PA 17603

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HARTZ Physical Therapy's Medically Adapted Gym (M.A.G.) provides an exercise facility committed to those clients who expect clinical expertise in the development and implementation of an individualized exercise routine. Physical therapists are the medical experts in the area of musculoskeletal injuries and the implementation of exercise and its relationship to disease and dysfunction.

We provide a comfortable, un-intimidating facility for you to achieve your exercise goals. Each member will be fully evaluated by a physical therapist and all exercise sessions will be supervised by our trained staff. We are looking for those who are dedicated to achieving their exercise goals!

Evaluation and exercise implementation is appropriate for patients with:

- Diabetes
- High Blood Pressure
- Obesity
- Rheumatoid Arthritis
- Anyone looking for a medically-based fitness program
- Osteoporosis
- General Deconditioning
- Post-Cancer Rehabilitation
- Osteo-Arthritis
- General weight loss program

In addition, HARTZ Physical Therapy's M.A.G. provides the perfect opportunity to continue your rehabilitation after undergoing surgery and being discharged from physical therapy. Whether you've had a total joint replacement, back, or a sports-related surgery, our staff can continue your rehabilitative needs to ensure your satisfaction and complete recovery from surgery. We also provide general conditioning exercises for any age or fitness level.

The difference between typical gyms and HARTZ Physical Therapy's M.A.G. starts from your first visit. The MAG experience begins with a comprehensive evaluation performed by a PHYSICAL THERAPIST! This will help identify your strengths and weaknesses to determine the best path to success. Your goals will be discussed and your current fitness level evaluated. An individualized exercise program will be initiated. (We don't believe that one group of exercise equipment or "circuit" is appropriate for everyone!) Our physical therapists are experts in creating the appropriate plan for your current fitness level. We want to make sure you are fully prepared to succeed in your fitness goals. Whether your goal is weight management, reducing the need for medications or just becoming healthier, we can help you get there!

So, if you're ready to get healthy and make a lifestyle modification, call HARTZ Physical Therapy's MAG and get ready to *Experience the Difference!*

## 2008-09 M.A.G. Membership Fees:

	<u>Seniors</u> (60+)	<u>General</u> (1 <sup>st</sup> family member)	<u>General</u> (2nd family member)	<u>General</u> (3rd family member)
Monthly Membership	\$50	\$75	\$70	\$65

Physical Therapy evaluation required: If uninsured or insurance will not cover a physical therapy evaluation, a \$100 charge will be added for the initial evaluation.

Membership fees include: Fitness evaluations every 8 weeks and ongoing modifications in exercise program. Trained staff will supervise all fitness sessions and offer advice as needed. Please consult with your health insurance carrier as many will cover a portion of membership fees!

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