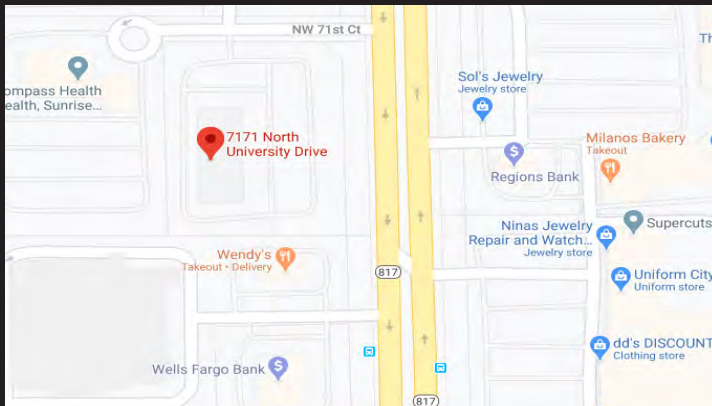




### Hours of Operation:

M-F 7:30 a.m. - 6:00 p.m.

S 9:00 a.m. - 1:00 p.m. (strength & conditioning training)



P: 954-722-9992 F: 954-597-7773 OnTheHop.com



*Ortho, Sports, Aquatic Therapy & Recovery*



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**BROWARD COUNTY'S  
#1 CHOICE**  
for Physical/Aquatic Therapy

Exceptional Therapists, Extraordinary Results!

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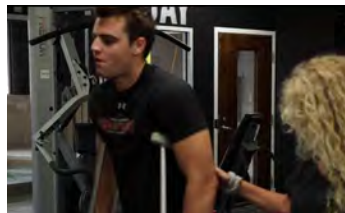


## PHYSICAL THERAPY

On The Hop Ortho, Sports, and Aquatic Training Center was founded with the purpose of making the difference clear! By establishing a physical therapy atmosphere with traditional family values and exceptional medical care. Our facility's main goal is to recognize each patient's unique history and individual recovery goals while providing one-on-one therapy and give a feeling of being part of a positive environment with genuine care and compassion which are the true values of our practice. Our therapists are trained to create a rehabilitation program specifically designed for each person. We accomplish this by knowing the latest technologies in physical therapy and employing people that have our same values. The care for our patients consists in understanding their concerns by helping them get through their injury in a swift manner. Our treatment philosophy is combining appropriate manual therapy techniques with active therapy, core strength and balance stabilization to ensure a speedy and healthy recovery by treating the cause of the problem not just the symptoms. Our intent is to earn the patient's trust so they may leave our facility healthy and may continue to reach their goals with faith and confidence. Our physical therapy staff is second to none, with years of experience helping patients return to their active lifestyles.

### ***ON THE HOP ORTHO, SPORTS, AND AQUATIC THERAPY PROVIDES EXPERT TREATMENTS AND SERVICES FOR:***

- Knee & Hip Injuries
- Total Joint Replacement Rehabilitation
- Pre & Post Surgical Rehabilitation
- Spine Rehabilitation (Back & Neck Pain)
- Sports Medicine Rehabilitation
- Aquatic Rehabilitation
- Massage Therapy
- Manual Therapy
- Gait & Balance Training
- Muscle Strengthening
- Walking Problems
- Auto Accident Injuries
- Workers Compensation
- Injury Prevention
- **& Much More!**



## ON THE HOP SPORTS CONDITIONING AND TRAINING

The trainers at On The Hop Ortho, Sports, and Aquatic Rehab and Training Center offers an incredible opportunity to develop a strength and conditioning plan that is tailored to your specific needs. By comparing the demands of your sport/activity to your body's strength, the trainer can program exercises that target their specific needs. Strength training includes:

- Resistance Exercises
- Weights
- Exercises such as Cardio, Squats, Pushups, Core Balance Training and more!

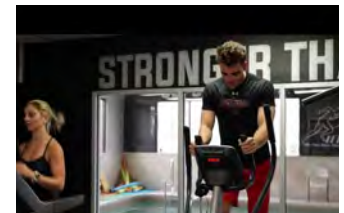
For any athlete, good overall core strength is more than a bonus, it's a necessity! Many of the exercises the trainers at our OTH Rehab and Training Center recommends targeting your entire muscular health, especially your core muscles. For conditioning, the trainers also rely on cardiovascular and aerobic exercises, such as:

- Running
- Bag Work
- Loaded Carries
- Heavy Rope Work
- Aquatic Therapy
- Bike Work



In other words, any activity that places an intense demand on your body for a sustained period works to improve your entire conditioning.

If you are a high school, college, or even a weekend warrior, On The Hop Ortho, Sports Rehab and Training Center will help you get on your playing surface faster and better than ever.





## STATE OF THE ART FACILITY AND TRADITION OF EXCELLENCE

### *BUILDING & FACILITY*

Our large and modern rehabilitation facility offers the latest “State of the Art” rehab equipment that focuses on all Orthopedic modalities ranging from Pre & Post-Surgical rehabilitation, massage therapy, private treatment room that focuses on massage therapy, a full size indoor therapeutic Aquatic Pool (92-96 degrees), a Sports Medicine Training Facility that is surrounded by our large gym space with TV’s to create a friendly home like environment.

You will find everyone at OTH Therapy to be friendly and warm. Because your total satisfaction is important to us, we go the extra mile for you.

You will never be treated like a number. At OTH Therapy, our therapists will give you the time, guidance and special attention that you deserve.

We provide this attention to detail because your Primary Care Provider is also very important to us! We want to deliver a positive outcome, so all physicians feel extremely confident that their patients are in the right hands!



# AQUATIC THERAPY

## **WHY CHOOSE AQUATIC THERAPY?**

At On The Top Ortho Sports & Aquatic Therapy our unique one-to-one Aquatic Therapy Program provides patients with the ability to unload weight from their joints, while achieving more movement with less pain.

Aquatic Therapy supports the joints of the spine, knee and hips helping to reduce the pain quickly, while improving movement and balance. This translates into patient's recovering quicker, especially in the beginning painful stages of an injury or post-surgery. When combined with the skills and knowledge of our physical therapists, this type of therapy helps patients on a faster route to recovery.

Our Aquatic Therapy Program helps to improve muscle strength endurance, cardiovascular function, flexibility, resistance training, balance, coordination and pain-free range of motion. Our "State of the Art" therapeutic Aquatic Center has private changing facilities that have full lockers and showers for individual patient convenience.

## **EFFECTIVE TREATMENT FOR:**

- Arthritis
- Sports Injuries
- Chronic Pain
- Leg & Back Pain
- Total Joint Replacement
- Sports Medicine
- Surgical Rehabilitation
- Healing Fractures and Sprains
- Weight Loss
- Inflammatory Conditions

\*On The Hop Indoor Aquatic Center offers unique group classes and packages.

