

Patient Info / Forms

Resources

American Physical Therapy Association	www.apta.org
American Occupational Therapy Association	www.aota.org
Spectrum Fitness Centers	www.spectrumfitness.com
Rxercise Medical Wellness Program	www.rxercise.com
ASTYM	www.astym.com
AlterG	www.alter-g.com

Exercise Downloads

[Therapeutic Exercise for the Shoulder “Core”](#)

[Hip Therapeutic Exercise](#)