



Deborah Windell,
OTR/L - Owner
is the developer and overseer of
the Supervised Wellness
Program using ACSM and
American Heart Association
guidelines and protocols.

Two Facilities, One Goal:
Helping You Live Life To Its Fullest!
Licensed & Certified Staff - Onsite Instructors

Therapy

- Physical
- Occupational
- Speech
- Aquatic
- Medical Massage

Massage

To name a Few Types:

- **Medical** - Using post operative procedures to achieve range of motion and alleviation pain.
- **Manual** - Using bones to stretch muscle, tendons or ligaments to get range of motion.
- **Relaxation/Swedish** - Relaxing massage, full body; soft hand.
- **Prenatal** - Pregnancy, full body massage with focuses on back, hips and joints.
- **Hot Stones** - Rubbed or placed on the body. The heat of the stones relaxes the muscles to help with range of motion.

...And many more!

Supervised Wellness

Tracks we offer:

- General Health
- Aquatic
- Arthritic (Aquatic/Land)
- Pain
- Pre-surgical
- Diabetes
- Weight Management

Fitness

- Land Classes
- Aquatic Classes
- Group Lessons
- Private Lessons

Lakeside Comprehensive Rehabilitation

601 E Main Street • Hart, Michigan 49420

P: 231.873.3577 • F: 231.873.3557

Lakeside Rehabilitation Family Fitness

39 W State Street • Hart, Michigan 49420

P: 231.873.3566 **Now Open at 5am!**



www.LakesideRehab.com

