



PT AFTER CARE PROGRAM

FLAHERTY PT IS PROUD TO PRESENT
PT AFTER CARE SO YOU CAN KEEP UP
YOUR FITNESS ROUTINES, STAY HEALTHY
AND ENJOY YOUR RESTORED MOJO!!!

WANT TO KEEP WORKING OUT BUT ON YOUR OWN TERMS?

The PT After Care program is an independent, self directed workout program right here at Flaherty Physical Therapy. We offer a personalized workout plan you can follow on your own time while the clinic is open.

- Your PT will put together a specific workout routine that will mimic your PT sessions. Come when it's convenient and follow the program on your own. No surprises!
- The cost is \$30/month.
Monday through Thursday 7 am til 7 pm and
Friday 7 am to 4 pm. No Saturdays or Sundays.
- Talk with your therapist TODAY to learn more about the PT After Care program and how it can help you stay healthy!