

*Inspired by the wellness needs of the Quad-Cities population suffering from Osteoarthritis....*

**Evidence based exercise programming recommended by:**

- The Arthritis Foundation
- The American Heart Association
- The American College of Sports Medicine
- The American Academy of Orthopedic Surgeons
- The American College of Rheumatology MOVE Consensus
- International Association of Yoga Therapists
- Osteoarthritis Research Society International

Experience the benefit of this innovative, collaborative program featuring local yoga and martial arts teachers!

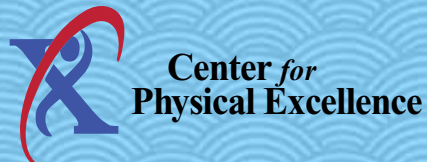
*Program coordinator, Cheryl Van Demark, P.T. is a registered Yoga teacher and physical therapist with a master's degree in physical education and exercise science.*

**Move Your Body...  
Live Your Life!**

*Discover an optimal individual exercise practice with ...*

**A balance of physical effort and ease...**

**A reward of comfortable movement through daily life.**



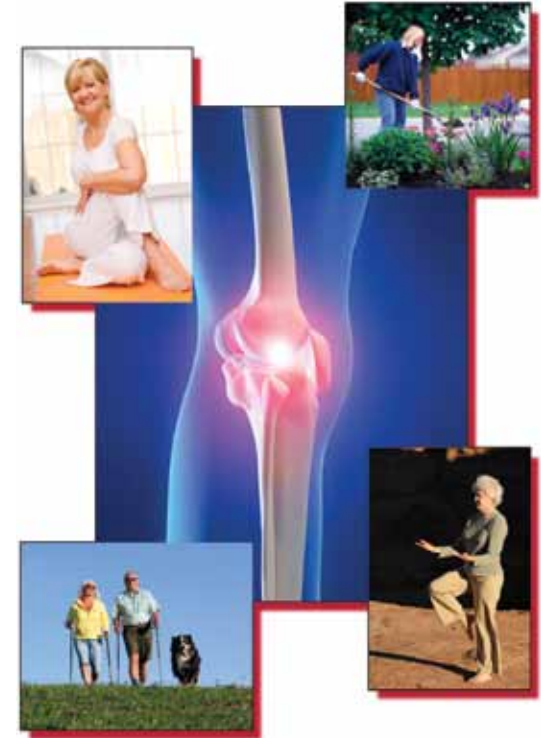
**Center for  
Physical Excellence**

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In 'The Crossings'**

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**HEALTH**  
*In Motion*



## **JOINT INVESTORS**

**A physical therapist directed holistic program designed for individuals receiving medical intervention for Osteoarthritis.**

- Group Personal Weight Training
- Yoga
- Pilates
- Tai Chi & Qi Gong
- Balance Training for Falls Prevention
- Arthritis Foundation Aquatics
- Meditation
- Arthritis Health Education

## Program Objectives

Strengthen muscles, bones and ligaments in the spine and weight bearing joints through a **variety of exercise** and **mindful movement practices**.

**Embody physical and mental principles of alignment** to improve dynamic control and support of the entire physique.

**Enhance your natural energy** as a vehicle to improve circulation, respiration, metabolism, digestion and to relieve pain.

**Introduce techniques from a variety of the self healing arts** to facilitate relaxation and enhance the body's natural capacity for healthful living.

**Share evolving health information** on optimizing joint health, physical fitness and cultivating body/mind/spirit wellness through the lifespan.

Interact with a **community of motivated peers** navigating similar health challenges with humor and courage.

**Cultivate positive attitudes** and health behaviors to stimulate you to embark on a life long commitment to your health and wellbeing.



*Rediscover the joy of Health in Motion.*

## Register for Joint Investors if:

- You would like to benefit from the expertise of a physical therapist in designing an optimal exercise practice to manage **your** osteoarthritis.
- Your physician has advised eventual joint replacement surgery and you wish to enhance your physical and mental preparation.
- Further post-operative conditioning is recommended after discharge from physical therapy rehabilitation following joint replacement surgery.
- Viscosupplement therapy injections (Synvisc, Supartz, Hyalgan, OrhtoVisc, Euflexxa) have been advised by your physician.

### Is This Program for Me?



Have you seen your physician to help with nagging joint pain?

Perhaps your doctor has encouraged you to exercise but it hurts! You need

direction to find the solution.

You may notice your ability to enjoy recreational sports and daily walks is steadily declining. Your "shop till you drop" time is getting shorter because of joint pain. This is frightening.

Maybe you find it difficult to get up from the floor or out of a chair on your own?

Don't you just wish someone would invent WD-40 to use on your joints in the mornings and after long car rides?



## Become a Joint Investor and put Your Health in Motion!

Scheduled activities **up to 5** days per week over an 8 week period include:

- Small group personal weight training and modified yoga with the physical therapist (**10 sessions**)
- Arthritis Foundation Aquatics (**16 classes**)
- Movement arts (Yoga, Tai Chi, Pilates) and Arthritis health education classes (**8 classes**)
- Unlimited access to our state of the art wellness facilities

### Health Education Topics:

- Cultivating positive attitudes
- Introduction to meditation
- Footwear & joint support
- Nutrition for Arthritis
- Weight management
- Supplements
- Self massage
- Pain management