

*Caring as One*

## Orrville Therapy and Fitness Services

Whether you need therapy to ease back in to your daily routine or just want to get back in shape, Affinity Therapy and Fitness Services will help you reach your fullest potential.

Using proven techniques and the latest equipment, our friendly, knowledgeable staff will work with you to create a treatment plan specially designed to address your individual needs.

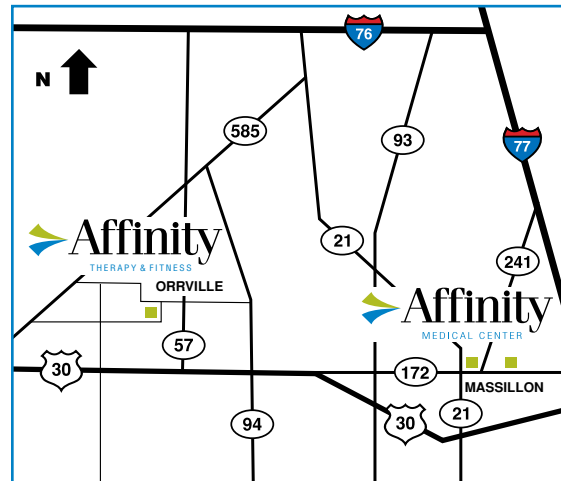
### Services include:

- Sports medicine
- Post surgical breast cancer services
- Osteoporosis services
- Geriatric rehabilitation and wellness
- Orthotics
- Industrial rehabilitation and worksite analysis
- Neck and lower back rehabilitation and injury prevention
- Rehab to fitness transition program

*Providing fitness and rehabilitation services to the Orrville community since 1992.*

*Member Medical Fitness Association, established in 1991.*

## Map of Orrville Location



**Affinity Medical Center—Therapy & Fitness**  
1710 Paradise Rd., Orrville, Ohio 44667  
330.683.2744 phone • 330.683.2746 fax  
[AffinityMedicalCenter.com](http://AffinityMedicalCenter.com)

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## Affinity Therapy & Fitness Services



*Caring as One*

**Orrville Location**



## Therapy and Fitness Services Highlights

### **Sports Medicine**

We treat athletes of all ages, levels and sports.

We understand the importance of addressing the emotional and mental aspects of recovery as well as the injury itself. Our staff utilizes modern methods of rehabilitation so that athletes can return to their optimal level of athletic performance.

### **Geriatric Rehabilitation & Wellness**

Our highly trained staff provides personalized exercise programs for people of all ages and fitness levels. Programs are closely monitored to ensure that everyone achieves their fitness goals safely and effectively.

### **Industrial Rehabilitation & Work Site Analysis**

Specially trained therapists evaluate and treat your industrial related injuries, including repetitive use injuries.

We also provide staff for worksite analysis, functional capacity evaluations and onsite injury prevention training.

### **Orthotics**

Our therapists professionally mold foot orthotics and arch supports to protect weak joints and biomechanical problems of the lower back and extremities.

### **Post-Operative Breast Cancer Services**

The post-surgical breast cancer program helps patients regain range of motion, strength and function, decrease pain and prevent axillary contracture. We also educate patients on preventing lymphedema.

### **Osteoporosis Services**

Services include fracture prevention programs, education and a personalized exercise program. For people who have already sustained a fracture from osteoporosis, we use modalities and exercise to decrease pain and regain strength, range of motion, flexibility, aerobic conditioning and function.

### **Neck/Lower Back Rehab & Injury Prevention**

Through careful examination of your posture and movement patterns during activity, our caring staff can tailor an individualized program for neck and lower back rehabilitation and educate for injury prevention.

### **Rehab to Fitness Transition Program**

Our knowledgeable staff assists post rehabilitation patients in a smooth transition from therapy to our fitness center to promote extended rehab and wellness.

## Get Started Today

If you're just beginning therapy or rehab, request a referral from your physician. Once referred by your physician, call Affinity Therapy and Fitness Services at **330-683-2744 to schedule an appointment.**

*Affinity Therapy and Fitness Services accepts many health insurance plans. Because reimbursement policies vary, please consult your plan for details.*

