

3 WAYS TO KICK START THERAPY

*CONSULT YOUR HEALTH CARE PROVIDER
BEFORE STARTING ANY PROGRAM

PHYSIOTHERAPY
(PT)

1

2

3

SPEECH
LANGUAGE
PATHOLOGY
(SLP)

OCCUPATIONAL THERAPY
(OT)

LEISURE ACTIVITIES

03

READING
TV SERIES

04

ADAPTED SPORTS
BASEBALL, BOWLING
SKIING, HOCKEY,
SOCCER

02

HYDROTHERAPY

05

MUSIC
THERAPY

01

HIPPOTHERAPY

06

SPA
TREATMENTS

CONSIDER AGE
APPROPRIATE ACTIVITIES

