

**PRIVATE PHYSICAL THERAPY AT IVES POOL  
with Rhodan Vignaud, Licensed Physical Therapist**

Both swimmers and non-swimmers can benefit from this form of physical therapy, taking special advantage of the buoyancy of water and the decreased compression on the joints.

Participants will be instructed in an exercise program designed for their specific medical condition(s) and needs. A physician's prescription is recommended but not required.

In addition to exercises, swimmers will learn how to modify their swim strokes to reduce further pain or damage. Non-swimmers can also learn how to swim, if desired.

Rhodan Vignaud has been a licensed physical therapist since 1980 and a swim instructor since 1961, with special training in adapted aquatics. She has instructed aquatic physical therapy at Ives Pool since 1989.

\$35 per session. Days and times will be arranged individually.

Ives Pool: outdoors, with handicapped access, 25 yards long, 3 1/2 to 10 feet deep, water heated all year to 81 F.

**Call Rhodan Vignaud at (707) 477 -7273**