

Stroke Wellness



Brooks Rehabilitation Stroke Wellness Program at the YMCA

Experts from Brooks Rehabilitation have teamed up with the Volusia Flagler YMCA to offer an individualized and supervised exercise program for stroke survivors. The Stroke Wellness Program allows stroke survivors to stay active and improve their health after completing formal physical therapy. An individualized exercise program will be developed for each participant following an initial evaluation with a physical therapist. Exercises will be performed with other stroke survivors under the guidance of exercise specialists at your local participating YMCA.

Y Members- \$15 per month

Non-Y Members- \$30 per month

Program Locations

Brooks YMCA

St. Augustine YMCA

McArthur YMCA

Williams YMCA

Dye Clay YMCA

Johnson YMCA

Port Orange YMCA

Ormond Beach YMCA

DeLand YMCA

386-871-3024

BrooksRehab.org

BROOKS[®]
Rehabilitation



Wellness Evaluation Prescription

Steps Required to Participate in Brooks Rehabilitation Adaptive Fitness & Wellness Programs:

1. Have your physician fill out the form below.
2. Call Brooks Rehabilitation to set up an appointment for an evaluation. (See list of numbers at the bottom).
3. Determine desired YMCA program location with therapist at time of evaluation.

Physician Order for Therapeutic Treatment:

Patient Name

Patient's Phone Numbers (home phone / cell phone)

Physical Therapy Evaluation and Treatment for Wellness Program: (please check all that apply)

Stroke

Parkinson's

Other / Comments:

I certify that I have examined the above patient and determined that outpatient therapy is necessary. I approve this treatment plan and will review it as necessary or as the patient's condition requires.

Physician's Signature _____

Date: _____ Physician's Phone _____

Physician's Fax (for progress notes) _____

Physician's Location: _____

Physician's Office Stamp Here

To Set up an Appointment Call

In Jacksonville Call: (888) 323-8005 or (904) 345-7277 or Fax (904) 345-7280 | referrals@brookshealth.org

In Ormond Beach call: (386) 898-0220; fax (386) 898-0221

In Orange City/West Volusia call: (386) 775-7488; fax (386) 775-9515

In Daytona call: (386) 258-4969; fax (386) 947-4645

In Port Orange call: (386) 304-7660; fax (386) 304-7662

www.BrooksRehab.org

BROOKS
Rehabilitation