

# Outpatient Physical Therapy & Wellness Programs

*Conveniently located right on campus,  
there's no need to travel far for recovery!*

Fellowship Square Tucson partners with Functional Pathways to provide outpatient physical therapy and wellness programs for our residents.

Functional Pathways is a therapist-owned organization with 28 years of experience serving senior living communities.

*Some of the conditions our therapy team is able to address include:*

Balance & mobility	Chronic pain	Muscle weakness
Post-surgical rehab	Strength training	Neuro rehab

Whether you are recovering from an injury, surgery, or dysfunction caused by a health condition, our highly trained therapy team is dedicated to providing compassionate care to help you remain independent and thriving!



Rachel Colsch  
Director of Rehab



Michelle Cadena  
Wellness Director

Call (520) 721-3033 for an appointment  
Therapy appointments are available  
5 days a week | Monday through Friday



FELLOWSHIP SQUARE  
TUCSON

Villa 2 - Room 170 | 8111 E Broadway Blvd, | Tucson, AZ 85710



# Senior Fitness Testing

## *Live SMART & Thrive in Place!*



### What is the Senior Fitness Test?

A standardized fitness assessment focusing on determining functional fitness for those aged 65+. Participating in this assessment will help you determine your strengths as well as discover areas of opportunity.



### What will be tested?

- Upper Body Strength (carrying grandchildren, groceries, or laundry)
- Lower Body Strength (climbing the stairs or getting up from a chair)
- Flexibility (reaching the top shelf in your closet, or fixing your hair)
- Endurance (Walking further, or playing with your grandchildren)
- Balance (Fall Prevention)



### How long will it take?

Approximately 20-30 minutes



### How do I sign up?

- Register with the Functional Pathways Therapy Team and pick-up your Waiver and Health History Form.
- Complete the forms and bring them to your scheduled appointment time.

Once you have completed the Senior Fitness Test, your results will be recorded, and percentile rankings will be generated. From there, a Functional Pathways team member will contact you to review your scores and work with you to develop an action plan, which may include wellness programming and/or therapy services.



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Give us a call to schedule  
your appointment!

520-461-1460

