

Physical Therapy, Outpatient 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 our residents with outpatient physical therapy and wellness programs.

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

Whether 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!

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

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



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 and 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.

Give us a call to schedule
your appointment!

 520-461-1460



FELLOWSHIP SQUARE
TUCSON



Functional
Pathways

Therapy that exceeds expectations