

Functional Fitness for Adults

Salt & Shore Therapy Group
Personalized movement. Real-life strength. Private pay.

What Is Functional Fitness?

Functional fitness is a private pay service for adults who want to improve strength, balance, endurance, and confidence in everyday movement but may not qualify for skilled therapy. Services focus on real-world function, independence, and maintenance.

How It Works

- ✓ OT completes an initial movement screen
- ✓ Personalized fitness plan is created
- ✓ Sessions led by trained aide or technician
- ✓ Program monitored by OT as needed

Pricing

Initial Functional Fitness Plan (OT-Created): \$120

- 45–60 minute movement screen
 - Goals, functional assessment, and personalized program
 - Home safety considerations
- Required before starting sessions

Functional Fitness Sessions (Aide/Tech Led)

- 30 minutes: \$50
- 45 minutes: \$65

Packages (45-minute sessions)

- 6 sessions: \$360
- 10 sessions: \$600

Session Focus

- Strength & endurance
 - Balance & mobility
- Functional movement
- Confidence in daily activities

Location

- In-home
- Community settings (as appropriate)

Important Information

- Not skilled therapy
- Private pay only (no insurance billing)
- OT provides program oversight

Is This Right for You?

Ideal for adults who want to stay active, transition out of therapy, or receive personalized movement support without insurance restrictions.

Interested? Let's talk.

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 Where growth meets the shoreline.