

## Arthritis Care and Support, Bon Air Center

Age Requirements

No Age Requirement

Available 24/7

No

Documents Required

Call for details

Other Eligibility Criteria

Veterans will need a referral to receive services.

Family

No

Intake Contact Email

PT\_BonAir@shelteringarms.com

Intake Process

Call for information and an appointment. For fitness and pool services, call (804) 764-5275.

Intake Contact Telephone

(804) 764-1000

Provider Refer

Yes

Qualifications

Qualification Type

Certification

Qualification Entity

Medicaid

Report Problems

Call the Agency

Self Refer

Yes

Sheltering Arms Physical Rehabilitation Centers

<https://www.shelteringarms.com>

<https://www.facebook.com/shelteringarms/>

<https://twitter.com/SheltArmsRehab>

Rehablog <https://www.shelteringarms.com/about-us/rehablog/>

Main

(804) 764-1000

Toll-Free

(877) 567-3422

206 Twinridge Lane

23235 VA

United States

Monday: 8:00 am-5:30 pm

Tuesday: 8:00 am-5:30 pm

Wednesday: 8:00 am-5:30 pm

Thursday: 8:00 am-5:30 pm

Friday: 8:00 am-5:30 pm

Saturday: Closed

Sunday: Closed

Additional Availability Comments

Fitness and pool hours are Monday through Friday from 7:00 am until 7:30 pm.and Saturday from 9:00 am until 1:00 pm.

Fee Structure

Call for Information

Payment Method(s)

Private Pay

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Private Insurance

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Medicaid

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Medicare

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Tricare

Languages Spoken

English

The physical therapists and physicians at Sheltering Arms can work with you on specific exercises and techniques for reducing pain and improving function. As with many conditions, maintaining a healthy, regular exercise regimen can also prove helpful in reducing the pain associated with arthritis. Sheltering Arms' fitness centers, structured fitness classes and warm water therapeutic pool are excellent

options for beginning and maintaining this routine.

Service Area(s)

Amelia County

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Brunswick County

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Caroline County

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Charles City County

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Charlottesville City

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Chesterfield County

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Colonial Heights City

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Cumberland County

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Dinwiddie County

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Essex County

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Fredericksburg City

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Gloucester County

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Goochland County

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Greensville County

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Hampton City

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Hanover County

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Henrico County

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Isle of Wight County

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James City County  
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King George County  
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King William County  
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King and Queen County  
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Lancaster County  
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Louisa County  
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Mathews County  
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Mecklenburg County  
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Middlesex County  
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New Kent County  
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Newport News City  
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Norfolk City  
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Northumberland County  
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Nottoway County  
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Petersburg City  
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Powhatan County  
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Prince Edward County  
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Prince George County  
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Richmond City

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Richmond County

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Southampton County

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Spotsylvania County

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Stafford County

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Sussex County

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Virginia Beach City

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Westmoreland County

Email

[info@shelteringarms.com](mailto:info@shelteringarms.com)