



# An Introduction to AdventHealth Palm Coast

**Proud Corporate Member of Hammock Dunes Club**

Exclusive access to physical therapy inside the Fitness Center is provided only to Hammock Dunes Club members. The AdventHealth Palm Coast Sports Med & Rehab team can help alleviate many kinds of muscle and joint problems, ranging from sports injuries to back pain.

Getting physical therapy at the first sign of pain or discomfort can ultimately save patient's time and money. Some examples of areas we treat include -

- **Back pain**
- **Neck pain**
- **Pelvic pain**
- **Sports injuries**
- **Muscle or joint pain**
- **Sprains, strains, aches or pains**

**For more information on our Sports Med and Rehab Clinic at Hammock Dunes, call 386-586-4420 EXT #2**



## Your Connection to AdventHealth Palm Coast

John Subers, an active member of Hammock Dunes, is available to introduce you to AdventHealth Palm Coast and the services they provide. This can include a hospital tour, or a simple conversation about service lines and physicians.

To contact John, call 386-237-1433 or [John.Subers@AdventHealth.com](mailto:John.Subers@AdventHealth.com)