

Bariatric Optimization Program

The Bariatric Optimization Program (BOP) is a physical therapy service tailored to our pre and post-op patients. The physical therapist coaches and teaches our patients safe and effective exercise they can do at the gym, or in the comfort of their own home. Although attending sessions isn't mandatory, it is encouraged as a way for patients to "optimize" their health and strength before surgery and help them to continue with exercise and conditioning after surgery.

Learn More:

- One-On-One Therapy
- Group Classes
- Aquatic Therapy
- Multiple Locations Offered



Call (443) 481-1140 to
schedule an appointment