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Pro Con Inc. completes \$1.3m tenant fit-up services for Portsmouth Regional Hospital

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Pro Con Inc of Manchester, NH has completed tenant fit-up services for Portsmouth Regional Hospital's new Center for Rehabilitation and Wellness. The center is located on the third floor of 155 Borthwick Ave., a Class A office building, located adjacent to the Portsmouth Regional Hospital. Pro Con Inc was the architect and the construction manager for the \$1.3 million design build project which brings the hospital's rehabilitation services together in one location in an expanded and modern facility.

The 17,000 s/f rehabilitation center houses sports, cardiac, and outpatient programs as well as, vestibular/dizziness, nutrition, massage therapy, and pediatric rehabilitation services. The center has 14 treatment rooms for hand, speech and physical therapy; three pediatric gymnasiums; cardiac and physical therapy areas; and an 8' x 10' warm-water pool with a 6' deep end and whirlpool jets for aquatic therapy. Extensive conference room space is available for educational and support-group activities.

The Cardiac Rehabilitation area offers expanded fitness programming, a peripheral walking track, extensive weight training equipment and treadmill, elliptical, and rowing machines.

Pro Con Inc's design utilized state-of-the-art materials for the fit-up which included padding beneath the wooden floor in the gymnasium and a special surface on the walking track, both intended to emphasize shock absorption.

Pro Con Inc began the design build fit-up in January and completed the project in June. The Portsmouth Regional Hospital and The Kane Company held the official ribbon cutting ceremony and community open house at the center on July 24.

The Kane Co. is the leasing agent and property manager for 155 Borthwick Ave.

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