

# Rehabilitation Training

## What is Post Rehabilitation Training?

Post rehabilitation training at Body Symmetry is the period of time following physical therapy or rehabilitation and the time prior to returning to full mainstream activity in which continued exercise and training is still necessary or beneficial.

Exercise enthusiasts recovering from injuries and those with chronic orthopedic conditions have the opportunity to achieve and/or regain their fitness level through post rehabilitation training.

Unfortunately, the health care industry, particularly insurance carriers, are not as generous as they once were about granting an ample number of visits of physical therapy. As a result, physical therapists have to discharge some patients before they are ready to be discharged according to the patient and/or physical therapist. These patients are either provided a home exercise program, are referred to a known, qualified personal trainer by the physical therapist or they are left to fend for themselves without any exercise guidance. Post rehabilitation training serves to bridge the gap from rehabilitation to mainstream exercise programs. Clients provide written medical clearance from their physician and/or physical therapist prior to initiating personal training. Exercise enthusiasts can get fitness advice specific to their individual conditions as well as safe effective exercises. Exercise programs are designed to facilitate the individual's progress from post rehabilitation through each phase of their post rehabilitation recovery process until the individual is prepared for unsupervised exercise or the individual feels he/she can perform the program independently. Exercise enthusiasts learn how to work within their current physical limitations and modify exercises to suit their needs. Proper form and technique are emphasized throughout the exercise programming. Education on injury prevention and current injury management are also provided by degreed experts in the fields of Sports Medicine / Exercise Physiology.