



Post Rehab — What's Next?

You have spent your time and money on rehabilitating an injury. Now what should you do?

Post rehabilitation programs are an important part of achieving and maintaining your functional and fitness goals. Our practice not only offers state-of-the-art physical therapy, but also a high quality fitness program for you.

Here are some reasons why you should continue to exercise after physical therapy:

- A fitness program is recommended by your doctor, physical therapist, American College of Sports Medicine, the Surgeon General, American Heart Association, and many others.
- Build on the foundation you created during rehabilitation.
- Strengthen your bones, tendons and muscles with our post rehab programs.
- Add years to your life by incorporating a good fitness program.
- Prevent heart disease, decrease blood pressure, decrease the risk of diabetes, control your weight, prevent bone loss, increase self-esteem and energy and decrease stress.

We will help with transition to a fitness center.

Before you transition to a fitness center make sure you consult with us. Here's why:

- We are well aware of your strength, flexibility, aerobic, and balance deficits.
- We can customize your fitness program with your medical conditions in mind.
- Every training session should follow a unique and carefully structured lesson plan that is designed to provide maximal results.
- Your transition to a fitness program coupled with our advice ensures continuity, safety, enjoyment, motivation, and professional service.
- While physical therapy is helpful for movement disorders, continuing with a fitness program will help you function better, maintain independence and maximize your quality of life.

Please give us a call to learn more about post rehabilitation fitness programs.

Come to Pacific Care Center for short-term rehabilitation needs.

- Improve daily living
- Total knee replacement
- Total hip replacement
- Fractures
- Stroke
- Balance and falls
- General weakness after hospital stay

We'll get you home quickly.

Pacific Care Center

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Call for an Appointment

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