

## 2 Restore Normal Function (R)



The second part of your rehab program involves restoring you to "normal" function. We know how important it is for you to perform the activities of normal everyday life.

## 3 Maintenance & Prevention



Once you're better, it's important to maintain full function and avoid reinjury. Our "Maintenance" stage involves once per month sessions x 6 months following your discharge from rehab.

## 1 Pain Relief (R)



The first step of your rehab program is to stop the pain as quickly as possible with all-natural means. We use specialized movements, exercises, and hands-on procedures to accomplish this. Other treatments that accelerate pain relief may be available for a nominal fee if not covered by insurance.

# THE PROGRAM PATHWAY

## 5 Wellness



The final stage of our program pathway is to promote an optimal level of health by reducing stress, promoting more youthful movement, and whole-body wellness. This is a 12-month stage. Inquire with the front desk for your special price as a rehab patient.

## 4 Fitness



As experts of movement and exercise for those who have had injury, we recommend you participate in our "Fitness Program for Rehab Patients" instead of going to a personal trainer who may not be trained to work with someone with special rehab needs and considerations. This is a 6-month program