



MedRehabGroup
PHYSIOTHERAPY

HEALTH & WELLNESS

The Newsletter About Your Health and Caring for Your Body



**HOW PHYSIOTHERAPY
CAN HELP AFTER YOU ARE
DISCHARGED**

www.medrehabgroup.com



MedRehabGroup
PHYSIOTHERAPY

HEALTH & WELLNESS

The Newsletter About Your Health and Caring for Your Body

INSIDE:

- WHAT SHOULD I DO WHEN MY PHYSIOTHERAPY TREATMENT ENDS?
- WHAT TO EXPECT AT YOUR POST-PHYSIOTHERAPY VISITS



HOW PHYSIOTHERAPY CAN HELP AFTER YOU ARE DISCHARGED

Are you worried about regressing after your physiotherapy treatment ends? Are you nervous about leaving physiotherapy? Are you feeling better, but not quite at 100%? At MedRehab Group Physiotherapy, we offer programs to ensure you continue to improve even after your in-office therapy treatment is over.

One of the most common concerns we hear from patients is their worries about when therapy ends. The return to basic activities is a significant accomplishment for some, but now it seems realistic to do even more. Often people see the progress and are motivated to continue progressing and return to activities and sports they have not been able to do because of injuries or surgery.

Our physiotherapists are movement experts, and we can guide you through post-therapy programs to build on the gains you made. This includes progression to sports and recreation as well as getting back into the gym or other fitness programs.

At the very least, we recommend you start treating your body like you treat your car with regular tune-ups. Similarly, we recommend returning to your physiotherapist for a check-up and a tune-up every three to six months to stay ahead of any issues that might develop!

At MedRehab Group Physiotherapy, we are here to help you through your rehab and beyond. With our individualized programs, we can address your needs and help prevent future problems!



**Come Back In For
Physiotherapy!**

Give us a call at (888) 409-4058 or visit
www.medrehabgroup.com



What Should I Do When My Physiotherapy Treatment Ends?

The goal of post-physiotherapy treatment is to bridge the gap between rehabilitation and return to more advanced activity. Too often, the transition from rehab to even moderate training aggravates an injury or creates a new problem that interferes with progress.

It is clear that with guidance and accountability, your results will be superior to going without help. If you stop doing the program that helped you recover, you increase the risk of re-injury or flare-ups and generally have less favorable long-term outcomes.

With post-physiotherapy routines, we can ensure continued progress and gradually re-introduce you to your chosen activities safely and effectively. We know how to ensure your body is prepared for the eventual return to more vigorous activities and high-intensity training.

We know how injuries can take a toll on your mental state, creating doubt and fear of re-injury. Our therapy programs can help you see that it's possible to return to a more active life safely and even take your performance to the next level. Our therapists will help you learn how to deal with any anxiety that comes with returning to activity.

Our team will provide you with clear guidance for a safe progression and set up tune-up visits to answer your questions and advance your program.



Start 2022 Off Strong With Physiotherapy!

With a new year comes a fresh start to an all new you! Starting at the beginning of 2022, your insurance benefits have renewed. This means a whole new year to make the most of your benefits. The earlier you start your physiotherapy and plan to meet your insurance deductible for the year, or end up with unused money in your HSA account, your insurance plan may cover the cost completely.

Our highly experienced team of physiotherapists offer specialized treatment services for any pain, injury, or discomfort you may be feeling. Let MedRehab Group Physiotherapy help you on your journey to becoming strong, healthy, and active in 2022.

Exercise Essentials

Good Stretch For Your Lower Back

PRAYER STRETCH

While in a crawl position, slowly lower your buttocks towards your feet until a stretch is felt along your back and or buttocks.



EXERCISES COPYRIGHT OF
 SimpleSet Pro
WWW.SIMPLESET.NET

Always consult your physiotherapist or physician before starting exercises you are unsure of doing.



MedRehabGroup
PHYSIOTHERAPY

www.medrehabgroup.com

What To Expect At Your Post-Physiotherapy Visits

As much as we want to keep working with you, there comes a time to discharge you from formal physiotherapy. Fortunately, we believe that it is essential to continue with regular check-ups after rehab stops!

Our job is to make sure we have educated you and developed a home program to continue after discharge. After a physiotherapist has helped you, it is important to be accountable for the exercises that helped you in the first place.

After formal therapy ends, we will sit down and discuss your new goals. We will perform a thorough screening to assess your musculoskeletal system and ensure we have a clear picture of where you are starting from. Next, we will design a program that incorporates all the necessary components to succeed without aggravating your condition.

Our programs ensure the following:

- You are maintaining the gains you made in formal therapy.
- You have the skills and knowledge to progress into more vigorous activities.
- You get regular tune-up visits where we can assess your current status and guide you as needed.
- You get all your questions answered, and we provide you with the support you need to stay healthy and injury-free.

If you have already been attending physiotherapy two to three times per week, don't stop now! Rather than taking time off to figure out what to do next, we offer continued guidance and motivation to help you find the right exercise program to achieve your goals!

CONTACT US TODAY

If you are unsure what to do after physiotherapy ends, our physiotherapists can help! Call MedRehab Group Physiotherapy today to schedule an appointment.

Sources:

https://www.physio-pedia.com/Adherence_to_Home_Exercise_Programs

https://www.researchgate.net/publication/149657482_Correlates_of_Exercise_Compliance_in_Physical_Therapy

Give us a call at **(888) 409-4058** or visit www.medrehabgroup.com

Our Patients Get Great Results!

"MedRehab is excellent. They are good listeners and attend to my needs. What I like most about this place is that they take their time with each patient it isn't a rush to get you out the door. At MedRehab, they spend time making sure you are getting the best treatment and making sure your pain is managed. The staff is so kind and friendly. I really appreciate their welcoming nature"

- 5-Star Google Review

Leave Us A Review!

Have you been loving MedRehab Group? We would love to hear! Scan the QR Code to leave us a review!



Enter for the chance to win \$10 off of your next visit by leaving us a Google Review!

20
Happy New Year
22

President's Message

Warmest Thoughts and Best Wishes for a Wonderful Holiday and a very Happy New Year.

We are grateful to have you as part of our Medrehab Group family over this past year.

We have spent 25 years servicing our clients in their communities with the highest quality of care. Our core values and helping others recover from their physical injuries and pain is what we are proud of the most.

Please be safe and take care of your physical and mental health

Frank Giambagno

www.medrehabgroup.com