Can I continue my physical therapy sessions alongside post-rehab training?

Post Rehabilitation Personal Trainer FAQs · https://physeq.com/phys-eq-faq/can-i-continue-my-physical-therapy-sessions-alongside-post-rehab-training/

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At Physical Equilibrium, we understand the importance of a seamless transition from physical therapy to post-rehab training. Our post-rehabilitation personal training service is specifically designed to support and complement your ongoing therapeutic journey. Here are some frequently asked questions about continuing physical therapy sessions alongside post-rehab training:

1. Can I continue my physical therapy sessions while participating in post-rehab training?

Absolutely! Continuing your physical therapy sessions while engaging in post-rehab training can be highly beneficial. Our trainers collaborate closely with medical professionals, such as physicians and physical therapists, to ensure a comprehensive approach to your recovery and fitness goals. Just be sure that your physical therapist and our trainer have the ability to communicate and discuss your progress, program, and any adjustments that need to be made in your training sessions based on your current condition.

2. How will post-rehab training benefit me?

Post-rehab training focuses on building strength, flexibility, and endurance to help you regain full functionality and prevent future injuries. Our experienced trainers will tailor a personalized program based on your specific needs, taking into account any recommendations from your physical therapist.

3. Will my post-rehab training sessions be modified to accommodate my physical therapy needs?

Absolutely! Our trainers are well-versed in adapting exercises and routines to work alongside your physical therapy sessions. They will communicate and collaborate with your physical therapist to ensure a seamless integration of both treatments.

4. Is it safe to combine physical therapy and post-rehab training?

Combining physical therapy and post-rehab training is a safe and effective way to optimize your recovery. In most cases clients progress faster from physical therapy back to regular life when they are also doing personal training at the same time! Our trainers are knowledgeable in working with individuals who are transitioning from therapy to fitness and will prioritize your safety and well-being throughout the process.

5. How can I schedule my physical therapy sessions alongside post-rehab training at Physical Equilibrium?

Scheduling your physical therapy sessions alongside post-rehab training is easy. Simply contact us at +1(917) 873-6100 or fill out our contact form to book your sessions. Our dedicated team will work with you to create a schedule that fits your needs and availability.

Don't let your recovery journey end with physical therapy. Experience the difference at Physical Equilibrium and join us in building a healthier, happier, and stronger future for yourself. We are here to support you every step of the way!