Do I need a referral from a healthcare provider to start post-rehab training?

Post Rehabilitation Personal Trainer FAQs · https://physeq.com/phys-eq-faq/do-i-need-a-referral-from-a-healthcare-provider-to-start-post-rehab-training/

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At Physical Equilibrium, we understand the importance of post-rehabilitation training in helping you regain your strength and achieve your fitness goals. Many individuals wonder if they need a referral from a healthcare provider to start post-rehab training. Let us answer your questions!

1. Do I need a referral from a healthcare provider?

No, you do not need a referral from a healthcare provider to start post-rehab training at Physical Equilibrium. While we collaborate closely with medical professionals like physicians, physical therapists, and chiropractors, we welcome individuals who are looking to transition from therapy to an active lifestyle.

2. Why should I consider post-rehab training?

Post-rehab training is essential for individuals who have completed their therapy but still require guidance and support to fully recover. Our experienced trainers specialize in post-rehab personal training, helping you regain strength, prevent future injuries, and achieve optimal fitness.

3. What can I expect from post-rehab training at Physical Equilibrium?

During post-rehab training, our trainers will create a personalized program tailored to your specific needs and goals. We will focus on building strength, improving flexibility, and enhancing overall functional movement to ensure a safe and effective recovery process.

4. How do I get started?

Getting started with post-rehab training at Physical Equilibrium is easy! Simply give us a call at +1(917) 873-6100 and our friendly staff will assist you in scheduling your first session. If you prefer, you can also visit our website at https://physeq.com/contact-phys-eq-physical-equilibrium-madison-ave-new-york-ny-nyc-10022/ to fill out our contact form.

Remember, you don't need a referral to join us at Physical Equilibrium for post-rehab training. Our dedicated trainers are here to empower you on your journey to a healthier and happier future. Don't wait any longer – come workout with us today!