How is Post-Rehabilitation Personal Training different from regular personal training?

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Frequently Asked Questions: How is Post-Rehabilitation Personal Training different from regular personal training?

1. What is Post-Rehabilitation Personal Training?

Post-Rehabilitation Personal Training is a specialized form of personal training that focuses on helping individuals recover and regain strength after an injury or surgery. It is designed to bridge the gap between therapy and returning to an active and healthy lifestyle.

2. How is Post-Rehabilitation Personal Training different from regular personal training?

While regular personal training aims to improve overall fitness and help individuals reach their health or fitness goals, Post-Rehabilitation Personal Training takes into consideration specific limitations, restrictions, and needs resulting from an injury, surgery, or other health limitations or restrictions. It involves working closely with medical professionals, such as physicians, physical therapists, massage therapists, chiropractors, and other wellness professionals, to create a tailored exercise program that promotes safe and effective recovery.

3. Who can benefit from Post-Rehabilitation Personal Training?

Post-Rehabilitation Personal Training is beneficial for anyone who has gone through a rehabilitation process, has been cleared by a medical professional, and wants to continue their journey towards optimal health and fitness. Post-rehab training is also for people who want to make sure their trainers are more versed in injuries or potential injuries while on a specific training program or trying to attain a specific sports and fitness goal. Whether you are recovering from a sports injury, surgery, or any other physical condition, our experienced trainers at Physical Equilibrium are here to support you.

4. What can I expect from Post-Rehabilitation Personal Training at Physical Equilibrium?

At Physical Equilibrium, our trainers will conduct a comprehensive assessment to understand your specific needs, limitations, and goals. With your permission they will be in contact with the other medical professionals that are in charge of your health. They will then design a customized exercise program that focuses on improving strength, flexibility, balance, and overall functional movement. Our trainers will closely monitor your progress and provide adjustments to ensure a safe and effective recovery.

5. Can I participate in Post-Rehabilitation Personal Training if I haven't been to therapy?

Absolutely! Post-Rehabilitation Personal Training can be beneficial even if you haven't undergone formal therapy. Our trainers are experienced in working with individuals at various stages of their recovery journey and can provide guidance and support to help you regain strength and function.

6. How do I get started with Post-Rehabilitation Personal Training at Physical Equilibrium?

We would be thrilled to have you join us at our workout facility located in Midtown Manhattan, New York City. You can contact us at +1(917) 873-6100 or fill out our contact page to get in touch with our team and schedule your initial consultation. Let's work together towards a healthier and happier

future!