Is post-rehab training covered by insurance?

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At Physical Equilibrium, we understand the importance of post-rehabilitation training in helping you recover and regain strength after an injury or surgery. Many of our clients have questions about whether this type of training is covered by insurance. Let's dive into the details!

What is post-rehab training?

Post-rehabilitation training, also known as post-rehab training, is a specialized form of personal training designed for individuals who have completed physical therapy and are looking to transition back to an active lifestyle. This type of training focuses on rebuilding strength, improving mobility, and preventing future injuries.

Is post-rehab training covered by insurance?

Insurance coverage for post-rehab training is generally not covered by insurance, although it varies depending on your specific insurance plan. While some insurance providers may cover a portion of the cost if you have flex spending dollars, others may not. We recommend contacting your insurance provider directly to determine if post-rehab training is covered under your plan.

Why choose post-rehab training at Physical Equilibrium?

- Experience: Our trainers have extensive experience in post-rehabilitation training and work closely with medical professionals to ensure a safe and effective program.

- Personalized approach: We understand that each individual's post-rehabilitation needs are unique. Our trainers tailor the program to your specific goals and limitations.
- Collaboration with medical professionals: We collaborate closely with physicians, physical therapists, and chiropractors to bridge the gap between therapy and an active lifestyle.
- Convenient locations: Our workout facility is located in Midtown Manhattan and also in East Hampton on Long Island, making it easily accessible for those in the New York City area.
- Virtual sessions: For those unable to visit our facility in person, we offer virtual sessions to ensure you can still receive the guidance and support you need.

How can I get started with post-rehab training at Physical Equilibrium?

We would love to help you on your post-rehabilitation journey! To get started, you can reach out to us at +1(917) 873-6100 or visit our contact page. Our friendly team will be happy to answer any further questions you may have and assist you in scheduling your first session.

Remember, no matter where you are in your fitness journey, whether you're recovering from an injury or surgery, our experienced trainers are here to empower you in reaching your health and fitness goals. Experience the difference at Physical Equilibrium and join us in building a healthier and happier future for yourself!