What is Post-Rehabilitation Personal Training?

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Welcome to Physical Equilibrium, your premier workout facility in Midtown Manhattan, New York City! We offer a range of services, including personal training, Pilates, nutrition counseling, triathlon and run coaching, acupuncture, and massage therapy. But today, let's dive into the world of post-

rehabilitation personal training.

What is post-rehabilitation personal training?

Post-rehabilitation personal training is a specialized training program designed for individuals who have completed physical therapy or rehabilitation for an injury, surgery, or a medical condition. Our experienced trainers work closely with medical professionals to bridge the gap between therapy and an active, healthy lifestyle.

How does post-rehabilitation personal training differ from regular personal training?

While regular personal training focuses on overall fitness and strength, post-rehabilitation personal training specifically addresses the unique needs and limitations of individuals who have undergone rehabilitation. Our trainers are trained to understand your medical history, assess your physical condition, and design a customized program that promotes safe and effective recovery. They work closely with your doctors, physical therapists, and other medical practitioners so that you can have a seamless transition from therapy into more general or fuctional exercise, and eventually progress you into more activities of daily living and sports specific modalities.

Why should I consider post-rehabilitation personal training?

Post-rehabilitation personal training can help you regain strength, flexibility, and mobility after an injury or surgery. It provides a structured and supervised exercise plan that gradually reintroduces you to physical activity, minimizing the risk of re-injury. Our trainers will ensure that you perform exercises correctly and safely, helping you rebuild your strength and confidence.

Who can benefit from post-rehabilitation personal training?

Post-rehabilitation personal training is suitable for individuals of all fitness levels who have completed their rehabilitation program or have gotten clearance from their physical therapist or doctor. Whether you're an executive, runner, triathlete, new or expectant mom, young adult, or a rehabilitation

patient, our trainers are here to empower you in reaching your health and fitness goals.

Where can I receive post-rehabilitation personal training?

We offer post-rehabilitation personal training sessions at our state-of-the-art studio located in Midtown Manhattan, New York City or in the Hamptons on Long Island. Additionally, our trainers can come to your home or office. For those who are not in the vicinity of our physical locations, we also provide virtual training sessions.

At Physical Equilibrium, we strive to create a supportive and inclusive environment where you can build a healthier and happier future for yourself. Don't let an injury or surgery hold you back - let us guide you towards a stronger, more active lifestyle. Contact us today at +1(917) 873-6100 or visit our contact page to reach out and schedule your post-rehabilitation personal training sessions.