What types of injuries and conditions can be addressed through post-rehabilitation training?

Post Rehabilitation Personal Trainer FAQs · https://physeq.com/phys-eq-faq/what-types-of-injuries-and-conditions-can-be-addressed-through-post-rehabilitation-training/

What types of injuries and conditions can be addressed through post-rehabilitation training?

At Physical Equilibrium, our post-rehabilitation training program is designed to help individuals recover from various injuries and conditions. Our experienced trainers work closely with medical professionals, such as your physicians, physical therapists, and chiropractors, to bridge the gap between therapy and an active lifestyle. Here are some common injuries and conditions that can benefit from our post-rehabilitation training:

Injuries and Conditions:

- Disc Herniations - cervical, thoracic, and lumbar
- Hip, Knee, Shoulder Injuries - labral tears, meniscus or ligament tears, rotator cuff, bursitis
- Degenerative Joint Changes - arthritis, stenosis, etc.
- Overuse Injuries - tendonitis
- Stroke Recovery
- Injury Prevention
- Return to Sports Program Progressions

Our personalized post-rehabilitation training programs are tailored to meet your specific needs and goals. Whether you're aiming to regain strength, improve flexibility, or enhance overall functional

movement, our trainers will create a customized plan just for you.

Don't let injuries or conditions hold you back from living an active and fulfilling life or getting you back to the sports you love. Join us at our workout facility in Midtown Manhattan, New York City, or in East Hampton and let our dedicated team support you in your journey towards a healthier and happier future.

Contact us at +1(917) 873-6100 or visit our contact page to learn more about our post-rehabilitation training services and schedule a consultation. We're here to help you every step of the way!