

ORTHO GO

PHYSICAL & AQUATIC THERAPY

Orthogo Physical and Aquatic Therapy Newsletter

POST REHAB - WHAT'S NEXT?

You have spent your time and money on rehabilitating an injury. Now what should you do?

Post rehabilitation programs are an important part of achieving and maintaining your functional and fitness goals. Our practice not only offers state-of-the-art physical therapy, but also a high quality fitness program for you.

Here are some reasons why you should continue to exercise after physical therapy:

- » A fitness program is recommended by your doctor, physical therapist, American College of Sports Medicine, the Surgeon General, American Heart Association, and many others.
- » Build on the foundation you created during rehabilitation.
- » Strengthen your bones, tendons and muscles with our post rehab programs.
- » Add years to your life by incorporating a good fitness program.
- » Prevent heart disease, decrease blood pressure, decrease the risk of diabetes, control your weight, prevent bone loss, increase self-esteem and energy and decrease stress.

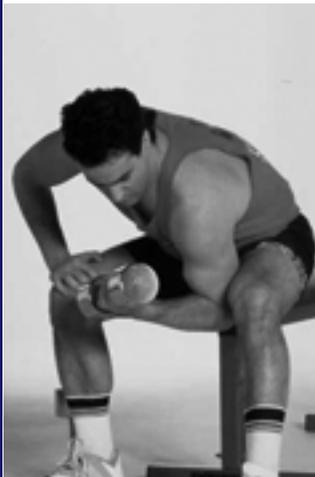
WE WILL HELP WITH TRANSITION TO A FITNESS CENTER

Before you transition to a fitness center make sure you consult with us. Here's why:

- » We are well aware of your strength, flexibility, aerobic, and balance deficits.
- » We can customize your fitness program with your medical conditions in mind.
- » Every training session should follow a unique and carefully structured lesson plan that is designed to provide maximal results.
- » Your transition to a fitness program coupled with our advice ensures continuity, safety, enjoyment, motivation, and professional service.

While physical therapy is helpful for movement disorders, continuing with a fitness program will help you function better, maintain independence and maximize your quality of life.

Please give us a call to learn more about post rehabilitation fitness programs.



Coming Soon

*Proper Nutrition
can Enhance Your
Performance*

Our Services

- One-on-One Care
- Orthopaedic Therapy
- Back/ Neck Injuries
- Total Joint Rehab
- Arthritic Conditions
- Shoulder Conditions
- Hand Rehab
- Aquatic Therapy Pool
- Sports Rehab
- Sport Specific Ex
- Golf Program
- Industrial Rehab
- Work Conditioning
- FCEs
- Job Analysis
- Pre work Screening

Clinics

**Orthogo Physical &
Aquatic Therapy**
4151 W. Orleans Street
McHenry, IL 60050
815 344 9727

"Post rehab programs help you achieve/maintain your goals."