



Transitioning to Wellness: Your Continued Health Plan

Physical therapy **wellness programs** help you maintain health and well-being after traditional physical therapy ends. They offer continued support through structured **exercise, education, and lifestyle modifications.**

Benefits

These programs significantly improve your quality of life. Research shows lifestyle changes, such as increased physical activity, provide health benefits for those with chronic conditions and help prevent disease.

- **Injury Prevention:** Learn proper techniques and exercises to reduce the risk of future injury, especially important after recent therapy.
- **Personalized Plans:** Custom plans consider your health history and goals for the most effective continued care.

- **Improved Quality of Life:** Staying active and informed boosts physical and mental well-being.

Program Components

A comprehensive wellness program typically includes:

- **Exercise:** Regular physical activity (strength, flexibility, cardio) to maintain progress made during therapy.
- **Preventive Education:** Valuable information on **nutrition, exercise, and coping strategies** to help you make informed decisions.
- **Lifestyle Choices:** Coaching on topics like **stress management, healthy eating, and work-life balance.**

We help you transition smoothly from physical therapy to independent health maintenance.

Not a former PT patient? No problem! Our programs are also available to anyone who wants to improve their physical health, boost their activity level, and embrace proactive wellness.

Pricing

Session Type	Cost
30-minute one-on-one with a PT	\$75
60-minute one-on-one with a PT	\$150