

Exercise Training

Reconditioning: An individualized treatment program that is specifically designed to return the patient's core mobility, strength, flexibility, and endurance is known as reconditioning. Physical reconditioning is offered to patients via a one-on-one supervised conditioning and fitness training regime. Most often, these specialized programs are designed for people who have suffered some kind of disability following an injury or illness.

These reconditioning programs are tailored to meet the functional perspective of each client. The exercises are implemented to help strengthen the patient's muscles and enable them to resume many of their regular activities and daily tasks. Ultimately, the goal of this process is to eventually transition the client to improved health so they are able to go back to work.