



**Reynolds & Associates Physical Therapy, Inc**  
**Rehab to Fitness Bridge**

What is it?

A Wellness Program

How does it work?

We will perform a thorough fitness assessment for you. In a one hour session at the cost of \$60.00 we will assess your:

Flexibility  
Strength  
Balance  
Aerobic capacity  
Posture  
Body composition

We will determine your fitness goals and design an exercise plan to meet your goals.

You can come to the clinic anytime during our normal working hours and do your thing!

Cost is \$40.00 per month. You can pay on a monthly basis, no long term contract required.

Who may join?

The program is offered to our current and former patients.

Why is it better than my current wellness/fitness center?

Your physical therapist is the most qualified health care provider for your neuromusculoskeletal system. We are highly trained and knowledgeable in regard to anatomy, exercise, movement, and safety awareness. Your PT knows your body and its unique needs.

Do I need to be cleared by my physician to participate?

You will be required to sign a waiver of responsibility prior to participating. You do not need a doctor's clearance to participate. However, if you feel there is any reason to see your MD prior to participating you are encouraged to do so.

How will I know if I am benefiting from performing my exercise routine?

Periodic re-assessments can be performed by your therapist and compared to your initial assessment. These re-assessments are scheduled appointments that cost \$1.00 per minute. Decide with your therapist if you need 15, 30, 45 or 60 minute appointments.