

Activity Prescription Program

Program Goal:

To provide an insurance based physical therapy program for people in need of guided or supervised exercise prescription & programming.



This Program is for People Who:

- Want or need to be physically active but may not be sure where to begin.
- May have barriers or pain limiting physical activity.
- People who want to compliment a weight loss program.
- People who require monitoring for safe exercise.

Program Includes:

1. Physical Therapist evaluation and individualized exercise program.
2. Exercise prescription - frequency, duration, type and intensity.
3. Education and goal based safe activity guidelines.
4. Instruction in self monitoring of heart rate, blood pressure and blood glucose levels.
5. Transition to an independent physical activity program.

Ask your doctor for more information.