

## **What is rehab and how will it help me?**

Physical rehabilitation is the development of exercise protocols and processes that assist the body in returning to a more normal state of health. Whether you are young, old, male, female, big or small, if you are experiencing some form of dis-ease (pain or poor health) then you will benefit from exercises.

The best way to start on the road to health and fitness is to first understand the following:

- 1) It took a long time to get where you are today and it is going to take time to reverse the process.
- 2) A balanced program needs to include flexibility, cardiovascular, endurance and strength training and be tailored to your individual needs. **Patience and commitment are key.**
- 3) Most people who seek treatment for musculoskeletal pain and injuries suffer from naturally occurring degenerative processes, and it is not always arthritis! We must all continue to fight against the effects of aging, gravity stress and any occupation induced strain and/or postural habits.