

# Functional Rehab

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## **Functional Rehabilitation Programs**

Functional Rehabilitation is a program involving evaluation and performance of rehabilitation exercises that mimic real life. With this type of program, a patient will be able to return to work, daily activities, and competition sooner and with better mechanics to improve performance and prevent future re-occurrences of injury and pain. To maintain the accomplishments achieved in the chiropractic office, exercise and in turn strength are necessary components. Strength not only trains the proper muscles on how and when to work, but it also results in a longer maintenance of the chiropractic adjustment.

### **Spinal stabilization**

Spinal stabilization reduces the strain placed on the spinal joints through effective bracing and muscular support (core strength). This allows for improved athletic performance through effective power transfer and a decrease in wasted movements.

### **Training proper movement patterns**

Properly training movement patterns decreases the strain placed on joints and connective tissues including the intervertebral disc. This reduces the risk of future aggravations and allows you to get back to work and play

faster.

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