

## Chiropractic Rehabilitation

Some chiropractors offer rehabilitation or exercise-based therapy as part of their treatment strategy.

Chiropractic rehabilitation focuses on training the body to develop more strength, coordination, suppleness, and resilience with various exercise therapy protocols.

Chiropractors use these therapies to reinforce health, fitness, function.

Rehabilitation is complementary to other therapeutic tools used by chiropractors such as: manipulation, soft tissue work, etc.

Rehabilitation can focus on:

prevention (posture and core training, movement training, daily activity hardiness)

acute injury rehabilitation

post-surgery recovery

sports specific training

ergonomics training (learn how to lift, sit properly)

pre/post pregnancy

etc

Rehabilitation may take place in:

the office as part of your appointment

at a gym

rec center

at a sport team facility

on television

etc

Sessions may take place in a supervised private session or a group/class setting.

Rehabilitation may include:

stability balls

bands

weights

wobble boards

scenarios and objects that mimic daily activities (carrying grocery bags, lifting, sitting properly, etc)