



ORTHOPEDIC PROGRAM

SMALL GROUP PERSONAL TRAINING

THIS PROGRAM SPECIFICALLY CATERS TO THOSE WHO SUFFER FROM ORTHOPEDIC INJURIES OR AILMENTS. WORK WITH A TRAINED PROFESSIONAL TO HELP ACHIEVE GOALS CENTERED AROUND PERSONAL NEEDS AND ADVICE FROM DOCTORS AND THERAPISTS. WHETHER YOU'RE PREPARING FOR SURGERY, OUT OF REHAB, OR SUFFERING FROM JOINT PAIN OR LIMITED RANGE OF MOTION, THIS SMALL GROUP OF CORRECTIVE AND FUNCTIONAL EXERCISES IS RIGHT FOR YOU. THIS MAINTENANCE PROGRAM CAN HELP TO IMPROVE FLEXIBILITY, RANGE OF MOTION, STRENGTH, AND BALANCE AFTER THERAPY.

***THIS GROUP IS BRANCH OF OUR LARGER EXERCISE IS MEDICINE PROGRAM. COME GAIN THE KNOWLEDGE TO RECLAIM YOUR MOVEMENT!**



CLASS DAYS AND TIMES

MONDAYS 5:30-6:15PM
WEDNESDAYS 9-9:45AM
THURSDAYS 5-5:45PM
FRIDAYS 9-9:45AM

CONTACT

HEALTHPLUS CLINICALPROGRAMS@EAMC.ORG

OR CALL HEALTHPLUS AT
334-887-5666

THIS GROUP DOES NOT REPLACE OUTPATIENT THERAPY BUT SERVES AS A MAINTENANCE PROGRAM POST REHAB

CLASS PRICES:

1 CLASS - \$18
2 CLASSES - \$34
4 CLASSES - \$64
8 CLASSES - \$120
12 CLASSES - \$156

HealthPlus Fitness Center
1171 Gatewood Drive #101
Auburn, AL 36830

334-887-5666

www.healthplusfitness.com

health plus

fitness center
a service of east alabama medical center

Patient Name: _____ DOB: ____/____/____

Phone Number: _____ Email: _____

Diagnosis: _____

Referring Professional: _____

Date of Surgery: _____ Date of last rehab visit: _____

Affected Areas:

Knee R L

Ankle R L

Foot R L

Elbow/Wrist R L

Neck

Hip R L

Shoulder R L

Back

Other: _____

Exercise Prescription: Improving: Balance Strength Flexibility Mobility ROM Function

Fall Risk: Yes No

Other Targeted Areas: _____

Exercise Recommendations and Omissions:
