

Services

THERAPEUTIC EXERCISE PROGRAM

One size fits all? You have seen that on ball caps and certain clothing items. Well that certainly DOES NOT apply to exercise programs. At ProActive Physical Therapy we provide you with CUSTOM therapeutic exercise programs. Why is this important? Because no two injuries are alike. Whether it's a low back problem, sciatic nerve injury, pulled hamstring, ankle sprain, or neck pain, you will be looked at individually and a program will be devised for YOU.

POSTURAL/CORE EXERCISES



Core stabilization exercises are helpful for those with chronic back pain or weak abdominal muscles after pregnancy. By contracting both the back and abdominal muscles at the same time, core strengthening is achieved.

Benefits of core strengthening include better posture as well as a decrease in back pain.