

#372 Exercise Therapy Transcript

Exercise Therapy Brochure

Header: Exercise Therapy

Q: What is Exercise Therapy?

A: Exercise Therapy is a set of repetitive stretching or strengthening maneuvers designed to develop weakened muscle groups that support the spine. Specific exercises help rehabilitate and stabilize the spine.

Q: How does Exercise Therapy work?

A: The individual bones of the spine are held in place by muscles and ligaments. Proper motion and position of these bones are crucial for proper nervous system function, correct posture, and good health. Exercises and repeated maneuvers help repattern and condition these connective tissues.

Q: Why is Exercise Therapy necessary?

A: By the time many patients seek professional help, fibrotic scar tissue has changed the elasticity and strength of supporting muscles. A program of carefully designed stretches and exercises helps restore better tone to these damaged tissues.

Q: What can I expect from Exercise Therapy?

A: Results take time. Exercise Therapy is one of the least expensive and most effective ways to speed your recovery, stabilize your spine, and help prevent a relapse.

Patient Benefits

- Increases range of motion
- Retrains damaged muscles
- Strengthens spinal structure
- Speeds rehabilitation
- Helps adjustments hold

Photo: Middle age couple walking.

Caption: Walking provides an excellent foundation for specific strengthening exercises.

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