

## **Physical Therapy**

Within our functional restoration program, physical therapy typically consists of stretching, strengthening, and improving cardiovascular function through an individualized exercise program. Each program is designed to address the de-conditioning that often results from chronic pain. In contrast with outpatient physical therapy, the focus within the functional restoration program is on the entire person, in an attempt to increase functional capacities. Addressing individual musculoskeletal deficits that impact functional ability and progress is incorporated as needed into various exercise regimens.