

## **Realize the difference...the benefits of a functional rehabilitation approach.**

Functional rehabilitation is an approach that evaluates and treats the functional relationships between all of your body parts in all three planes of motion. It applies an understanding of proper alignment, joint biomechanics and muscle function. It requires an appreciation of the interdependence between different joints and body parts with all types of movements and activities such as walking and running.

Functional rehabilitation looks at how you actually perform a given task and treats the whole body. It helps to uncover compensations and often allows us to treat the root cause of your problem, not just the symptoms. It is very common, especially in over-use syndromes and persistent pain complaints, that the area that hurts is not what needs to be treated.

Functional rehabilitation allows you to exercise your whole body, at the same time, the way it was designed to move with little to no equipment. With the assistance from a Physical Therapist you can often make significant gains in mobility with a functional activity very quickly.

We offer specialized programs that are based in Functional Rehabilitation principles.

There is a difference in physical therapy programs. Realize the difference...at Pullman Sports Physical Therapy.