



Exercise Rehabilitation: Frequently Asked Questions

This document was created to answer the most commonly asked questions about exercise rehabilitation at Heritage Fitness. If you have a question that we haven't answered in this document, please don't hesitate to contact us.

What is exercise rehabilitation?

Exercise rehabilitation involves a combination of chiropractic therapy & personal training offered by Dr. Sam Cooper. In these 60-minute sessions, time is spent doing hands-on chiropractic therapy including soft tissue therapy, joint mobilizations, and/or chiropractic spinal manipulations, or the entire session can take place in the gym reviewing proper warm-up, mobility, stretching, and strengthening exercises.

How does Exercise Rehabilitation differ from personal training?

Exercise rehabilitation differs from general personal training in several ways. First, exercise rehabilitation can include brief chiropractic treatment at the beginning, middle or end of the session. Second, Exercise rehabilitation involves stretching, mobility, stability, and/or strengthening exercises that have been individually selected to help recover from injury or prevent future occurrences (whereas personal training can focus on any goal the patient has). One of the distinguishing features of exercise rehabilitation is that it can be covered by chiropractic extended healthcare benefits.

How can I get started with exercise rehabilitation?

To qualify for exercise rehabilitation, you must first go through an initial chiropractic assessment. During this assessment, Dr. Cooper will perform a thorough history and physical examination based on your current concerns, as well as provide a diagnosis and individualized education on what the injury is, why it likely occurred and how to prevent it from recurring. The remaining time is typically spent doing hands-on treatment. From there, exercise rehabilitation sessions can be booked similar to any other appointment.

Do I qualify for exercise rehabilitation if I am not in pain?

To qualify for exercise rehabilitation, some form of dysfunction must be found during the physical assessment. This could be pain, limited mobility, and/or joint restrictions, tight or weak muscles, or improper movement. The sessions focus on correcting this dysfunction and preventing future re-aggravation.

How much is each Exercise Rehabilitation session?

Each session cost 90\$ and can be covered under chiropractic benefits. Unlike personal training, there are no discounts for pre-purchasing multiple sessions.

You can learn more about exercise rehabilitation by contacting Dr. Cooper directly by e-mail at sam@heritagefitness.com, by phone at (613) 253-2112, or in person at Heritage Community Fitness & Rehabilitation Centre at 2 Costello Drive in Carleton Place, Ontario.