

**I WANT TO KEEP
DOING MY EXERCISES
AFTER I AM DONE
WITH THERAPY, BUT
I KNOW I WILL GET
LAZY AND STOP!**

99% of all our patient's in physical therapy are started on a home exercise program and strongly encouraged to continue with their exercise program following their discharged from therapy. Most people need constant encouragement to maintain compliance with their home program. They often need a place to work out. McMeen Physical Therapy can help! >>

Our Wellness Program allows our patients to continue with their prescribed home exercise program using our equipment.

For an annual fee of \$60 a year anyone can join our Wellness Program and come into our facility and use our equipment during regular business hours. I screen each wellness program participant for muscle strength and flexibility concerns and determine what the participant's specific goals are. Together we will design an exercise program specifically with the participant's physical skills and goals in mind.

Each exercise program is custom designed and will include general fitness training, cardiovascular activities, stretching and strengthening exercises using open and closed chain activities and nutritional education. Postural evaluation and instructions will be giving as needed.

Equipment that is available to our Wellness Program participants includes: a Treadmill with pre-designed programs, NuStep, Schwinn Air Dyne exercise bike, Total Gym, a cable pulley weight system and various cuff weights and dumbbells.

Each participant is encouraged to follow up with their family physician prior to beginning a Wellness Program to make sure that physical activity is safe for them.

For more information on how your patients can participate in the McMeen Physical Therapy, P.C. Wellness Program contact us.



"Your Movement Rehabilitation Specialists"

**CONTACT US
FOR MORE INFORMATION**

McMEEN PHYSICAL THERAPY, P.C.

P.O. Box 435 • 325 SOUTH 1ST • BROKEN BOW, NE 68822

PHONE: (308) 872-5111 • FAX: (308) 872-5115

E-MAIL: OFFICE@MCMEENPT.COM • WWW.MCMEENPT.COM