



Additional Services

- Nutrition Therapy
- Strength Training
- Physical Therapy
- Fitness Club
- Cardiovascular Therapy
- Extensive Supplement Store
- Athletic Training & Conditioning



Frequently Asked Questions

WHAT KINDS OF POST-REHAB CONDITIONS BENEFIT FROM A POST-REHAB REGIMEN?

Excellent results have been documented for low back problems, osteo and rheumatoid arthritis, osteoporosis, healed surgeries and any number of musculoskeletal disorders. If you're in physical therapy or chiropractic rehabilitation chances are Post-Rehab will help you progress even more quickly to a stronger, healthier you.

ARE THERE OTHER HEALTH BENEFITS TO RPFITNESS' POST-REHAB?

Absolutely! A stronger body will increase your resistance to injury. The regimen may measurably increase overall bone density with consistent workouts.

Your metabolism and cardiovascular function show measurable improvement. You'll look and feel more energetic.



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RPFitness
Challenge Yourself

Post-Rehab

The Safe Way to get Stronger, Faster.



Find out why RPFitness' Post-Rehab is the best answer when Physical Therapy or Chiropractic care is over.

**Bridging the Gap Between
Health Care and Fitness**

RPFitness Post-Rehab is an intensive strength program that requires special, weight-loaded equipment adjusted for each person's particular problem. You are actively strengthening the muscles that support the injured area as well as improving overall body strength. Working one-on-one with a Post-Rehab Certified Instructor, you very slowly raise and lower weights until the targeted muscles reach momentary fatigue. This acts as a stimulus to the body, signaling it to produce additional muscle during periods of rest. You get stronger, faster than with any other kind of Post-Rehab protocol. Workouts are short, but intense - one to two 30 minute sessions a week.

Due to the metabolic boost provided when muscles are stimulated to produce additional strength. You'll feel better. You'll be stronger. You'll be able to do more of the things you want to do.