



Dear Medical Professional:

Our functional conditioning program is designed for clients who are referred by a licensed physical therapist, chiropractor, or physician for conditioning services. Our program will enhance the client's functional capabilities through a supervised functional exercise program. This program will focus on conditioning activities to enhance the client's function. It is customized to the client's specific needs and is conducted by a certified Medical Exercise Specialist or Post-Rehab Conditioning Specialist. These specialists have undergone special training to develop conditioning programs for clients with special needs such as limited range of motion, decreased strength, lack of endurance, balance coordination dysfunction, and diminished functional capacity for activities of daily living. The Medical Exercise Specialist/Post-Rehab Conditioning Specialist nor this program should be used in lieu of the services of a licensed medical professional for a client in need of professional rehabilitation services.

Our sessions will take place only after the client has completed a thorough musculoskeletal screening and functional fitness assessment. Our program is for the client who has moved beyond the acute phase of his/her condition, can tolerate exercise in a supervised fitness setting and has a referral from a physician, physical therapist, or chiropractor.

The criteria for admission into the functional conditioning program are as follows:

- 1.) No open wound
- 2.) The client is beyond the acute phase of his/her condition
- 3.) The client's pain level is "4" or below
- 4.) The client must have a medical referral from a physician, physical therapist, or chiropractor to begin the program
- 5.) The client must complete an initial screening and fitness assessment

The functional conditioning program will allow the client the opportunity to continue with the functional conditioning aspect of the rehabilitation process in a supervised exercise environment. This environment assures safety and client compliance. The program will offer comprehensive strengthening, flexibility, and cardiovascular conditioning for clients with various musculoskeletal, neurologic, and cardiovascular disorders. Established post rehab protocols are followed for low back pain, shoulder impingement, rotator cuff tear, hip arthroplasty/arthritis, cervical strain, ACL rupture/reconstruction, meniscal tear, Achilles tendon rupture, knee arthroplasty/arthritis, and patello-femoral syndrome. The PERC (Prescribed Exercise & Rehabilitation Center) post-rehab protocols were developed by physical therapists to provide structured conditioning guidelines for each client after discharge from physical therapy or chiropractic. These protocols serve as a baseline from which the client's progression, daily exercise, and intensity can be determined. A musculoskeletal screening and functional conditioning assessment are completed on each client before initiating exercise. This ensures the client is appropriate for the program. The client's physical therapist, chiropractor and/or physician will be consulted to establish guidelines and for approval of this conditioning program.

Below is a referral form for your patients. If you have any questions, please contact us at 281-500-6055 or e-mail us at jhodge@medicalfitnesspros.com. We look forward to working with you to help your patients live a healthier lifestyle.

Sincerely,

Jason Hodge, Medical Exercise Specialist



Medical Fitness Pros
21938 Royal Montreal Dr.
Katy, TX 77450
281-500-6055

Name: _____
Condition: _____

Post-Rehab
Functional Conditioning
Services Requested

- FITSCREEN Assessment/Reassessment
- Cardiovascular Training
- Strength Training
- Hypertension Exercise
- Spinal Stabilization
- Back/Neck Exercise
- Flexibility Training
- Weight Reduction
- Diabetes Exercise
- Functional Training
- Aquatic Exercise

Duration: _____ Frequency _____

Remarks: _____

Referral Signature _____

Date _____