

# SPORTS MEDICINE PROGRAMS – September 7 to October 30, 2010



## PR: Post Rehab / MVA: Motor Vehicle Accident / Back Care

This program is available for clients who have been injured and are looking for a strength and conditioning program to help them restore function and return them to their pre-injury lifestyle. This program is designed for individuals involved in a motor vehicle accident, athletes injured during sports, clients recovering from surgery, or any work related injuries. The active recovery of each client is promoted through a variety of rehabilitative exercises, and progressed based on individual successes. Sessions are one hour in length and guarantee a safe return to exercise through the knowledge of Certified Athletic Therapists.

Times	Monday	Tuesday	Wednesday	Thursday
9:00 AM		PR / MVA BACK CARE		PR / MVA BACK CARE
10:00 AM				
11:00 AM		PR / MVA BACK CARE		PR / MVA BACK CARE
12:00 PM				
6:00 PM		PR / MVA BACK CARE		PR / MVA BACK CARE
7:00 PM				
8:00 PM	PR/MVA BACK CARE			

**Pricing: All prices subject to HST**

**Post Rehab / Back Care = \$35/session**

**Check your Extended Health Care plan today to see if you have Athletic Therapy coverage.**

Visit [www.mindtomuscle.ca](http://www.mindtomuscle.ca) for more information.

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