

# SPORTS MEDICINE PROGRAMS – March 1, 2010 to May 1, 2010



## BACK PROGRAM

This back exercise program is a series of stretching exercises and strengthening exercises developed by your Certified Athletic Therapist for your medical condition. The purpose of this exercise program is to improve the flexibility and strength of your trunk musculatures essential for your back care. By following this program on a regular basis designed by our Certified Athletic Therapists, you will see improvements in your posture, work endurance and athletic performance.

| Times    | Monday       | Tuesday      | Wednesday    | Thursday     | Friday       | Saturday     |
|----------|--------------|--------------|--------------|--------------|--------------|--------------|
| 8:00 AM  | Back Program |              | Back Program |              | Back Program |              |
| 10:00 AM | Back Program |              | Back Program |              | Back Program |              |
| 12:00 PM |              | Back Program |              | Back Program |              | Back Program |
| 1:00 PM  | Back Program | Back Program | Back Program | Back Program | Back Program | Back Program |
| 2:00 PM  | Back Program | Back Program | Back Program | Back Program | Back Program | Back Program |
| 3:00 PM  |              | Back Program |              | Back Program |              |              |
| 6:00 PM  |              |              |              |              |              |              |
| 7:00 PM  |              |              |              |              | Back Program |              |
| 8:00 PM  |              | Back Program |              | Back Program | Back Program |              |

**Pricing: All prices subject to GST**

Back Program: \$35/session

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