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## Active Rehab Program At Fountain Wellness

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Fountain Wellness is committed to assisting individuals in reclaiming strength, enhancing mobility, and attaining peak physical functionality through our [active rehab](#) programs. Our personalized care and tailored rehabilitation programs are designed to cater to your specific requirements. Whether you're recovering from an injury or managing a chronic condition, our active rehab centre is dedicated to providing the support you need.

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## What is Active Rehabilitation?

Active rehabilitation is a new program at Fountain Wellness designed to help patients recover from injury or surgery. It is also known as High Tolerance Short Duration (HTSD) rehab because it involves intensive therapy for a short period. It is usually recommended after an injury that has affected your ability to work, play, or perform daily activities.

The program has three main goals:

- Assist and enhance patients' ability to perform daily activities and meet their basic needs.
- Maintain the health and well-being of patients.
- Provide a safe transition from the hospital to home.

Patients receiving treatment in acute care settings experience decreased strength and abilities. It can be risky for them to return directly to their community. Active rehabilitation supports patients to recover as quickly as possible.

## Why is Active Rehab Important?

Active rehab offers numerous benefits, mainly increased function, strength, and reduced pain. It empowers clients to take control of their rehabilitation journey and builds confidence in performing exercises and tasks they did before their injury. The goal is to progress the client to confidently resume most or all of their pre-injury activities.

Having personal training with us, you can prevent future injuries, do daily tasks better, and return to your pre-injury activities. The body mechanics of a human is designed to move to increase the capacity of life. Research shows that exercise improves cardiovascular fitness, mental health, and overall health outcomes, reduces the risk of disease and injury, and more.

## For Whom is Active Rehab Intended?

This program is suitable for various individuals. It is for those who want to regain their ability to perform daily activities or engage in sports, those experiencing pain, and those looking to improve function and strength. This can benefit post-concussion, musculoskeletal injuries (muscle, bone, or tendon), preparation for surgery, post-surgery strengthening, car or motor vehicle accident injury, and more.

## How is Active Rehab Different from Physiotherapy or Kinesiology?

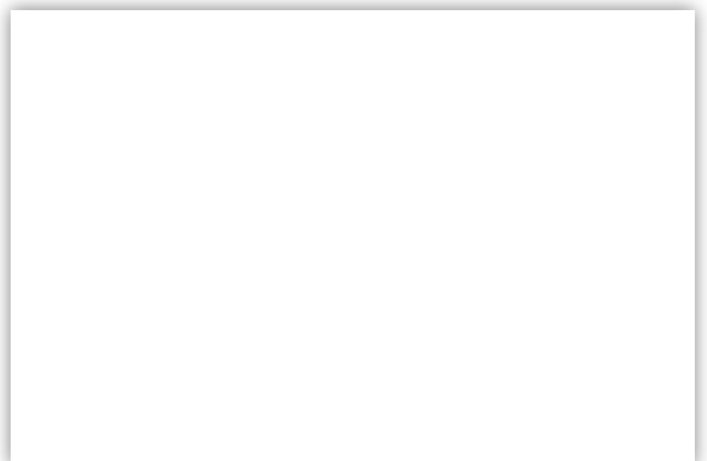
Both **physiotherapists** and **kinesiologists** know about active rehab and include it in their practice. However, physiotherapists are trained in **passive modalities** like massage, electrical stimulation, and active rehab.

On the other hand, **kinesiologists** mainly focus on active rehabilitation and do not typically perform passive modalities. Active rehab is a kinesiologist's primary role as a rehab practitioner. They work with clients to create a program that suits their injury and goals, focusing on increasing mobility and strength.

Active rehabilitation is different from other forms of rehab. It lies in regaining strength, endurance, and functional abilities through stretching and light exercises. Other forms of rehab, such as massage, **chiropractics**, and physiotherapy, will not prioritize exercise-based methods to regain strength and function. Passive treatments are helpful, but active rehabilitation can strengthen you and enable you to return to your regular activities faster.

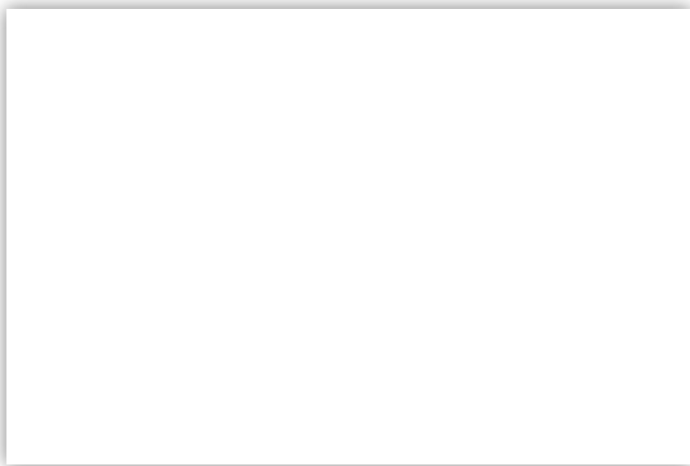
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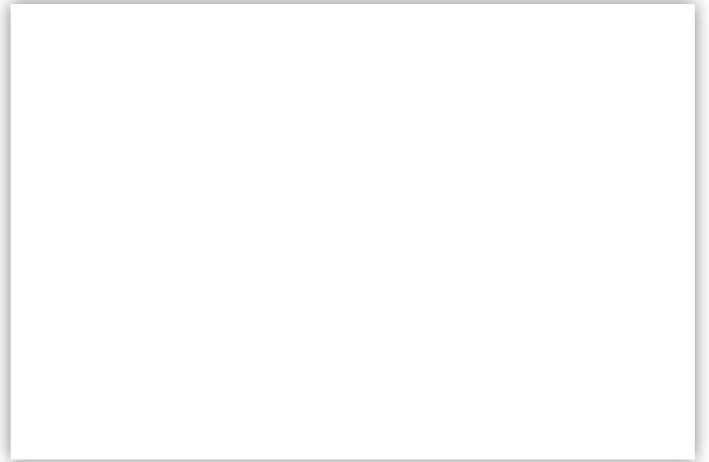
## Personalized Approach to Active Rehabilitation



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## **We Help Clients Recover**





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## What Will I Do During an Active Rehabilitation Session?

In the initial assessment of an active rehabilitation session, our registered kinesiologist will create a personalized exercise program called a treatment plan based on your goals, current abilities, and injury diagnosis by a doctor's referral. Each program is unique because everyone's body and condition are different. During your first session, our kinesiologist will assess your body movement and strengths to determine the focus of your customized plan.

The program will be tailored to your needs and can be done alongside other treatments like massage therapy, physiotherapy, or acupuncture. Our kinesiologist will collaborate with other practitioners, with your permission,

to create a comprehensive and effective treatment plan that includes exercises to help restore mobility.

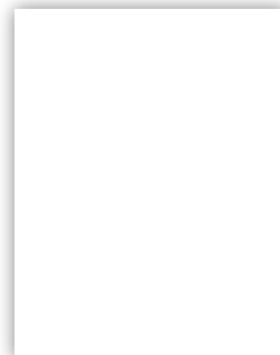
The specific exercises and techniques used will depend on your condition. For instance, how we treat concussion symptoms caused by a motor vehicle accident or sports injury will differ from how we treat a low back or foot injury.

Your rehab journey will involve various components designed by our kinesiologist to address your specific condition:

<b>Resistive Exercise</b>	<b>Balance and Agility Training</b>	<b>Range of Motion Training</b>	<b>Strength and Endurance Training</b>	<b>Aerobic Conditioning</b>
This involves performing exercises that utilize resistance, such as weights, resistance bands, or your body weight, to build strength. These exercises target specific muscles or muscle groups, helping to increase muscle mass, improve muscle tone, and enhance overall strength.	This is designed to improve your stability, coordination, and proprioception (awareness of your body in space). You can enhance your balance and agility through various exercises, such as balancing one leg or navigating obstacle courses, essential for daily activities and preventing falls.	This focuses on improving your flexibility by performing exercises and stretches that aim to increase the range of motion in your joints. It helps enhance your mobility and allows for smoother and more fluid movements.	This component focuses on increasing your fitness level by targeting strength and endurance. It involves performing exercises that challenge your muscles and cardiovascular system. You can improve your muscle strength, endurance, and overall stamina by progressively increasing the exercises.	This involves exercising, elevating your heart rate, and improving cardiovascular health. Activities like brisk walking, cycling, or swimming are commonly used to increase your aerobic capacity, strengthen your heart and lungs, and enhance your cardiovascular fitness.

## Take the First Step Towards Recovery at Fountain Wellness

Don't let injury, pain, or mobility limitations hold you back. Start your recovery process by booking an appointment at [Fountain Wellness](#) today. Our dedicated team is here to support you on your path to better health and improved well-being.



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