



## FUNCTIONAL REHABILITATION: Restoring you to your active lifestyle.



Functional rehabilitation is an essential component of our comprehensive approach to wellness here at Indy Spine and Rehab. Functional rehabilitation allows our chiropractic and physical therapy professionals to evaluate your condition in light of dysfunction in the entire locomotor system. This means that one area of your body might be in pain because another part of your body isn't functioning properly.

Functional rehab is based upon your capabilities – or “what you can do.” It focuses on bridging the gap to your goals – or “what you want to do.” (Swing a golf club without pain; pick up your grandchild; sit at a computer without getting headaches, etc.) So at Indy Spine and Rehab, once we have ruled out serious illness, our care starts with an assessment of what you can perform and is followed by a personalized treatment plan designed to get you to your desired goals in a timely manner, safely.

### Relieving pain by restoring function.

Functional rehab reduces your dependency on passive pain-relieving approaches, such as pills or – even continued chiropractic wellness care – while teaching you the self-treatment techniques needed to develop control over your symptoms. By focusing on functional restoration and pain-management strategies, we can achieve faster and longer-lasting results with our adjustments and treatments. That's because we are addressing the underlying structural cause of your pain syndromes as opposed to just treating the symptom, which is the pain itself.

After structural corrections in the body are achieved through chiropractic treatments, different forms of therapeutic exercises are used to help integrate these changes. Patients are issued an individually designed home exercise program to help improve strength, flexibility, balance and stability. And while exercises are often needed to serve as an entry point to rehabilitation, our doctors always focus on your goals and strive to help you reach these goals as quickly as possible.

### Why settle for less?

Finding evidence-based chiropractic care that provides the results you need isn't always easy. It's even harder to find such care that's personalized to your lifestyle. Here at Indy Spine and Rehab, you get both. For more details on functional rehabilitation or to schedule a consult, just call our office nearest you today.



Scientific, evidence-based care  
personalized to your lifestyle

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