

THERAPEUTIC EXERCISE



Prescribed individually for each patient, aiming to restore musculoskeletal function and to improve muscle strength, flexibility, recruitment pattern, joint stability, balance, agility, and proprioception following surgery, prolonged dysfunction and sports

injury.

Different forms of exercise therapy improve:

- Range of movement of joints
- Flexibility of the muscles
- Strength and endurance of muscles
- The functional capacity of the body, general well-being and reduce stress
- Muscular imbalances that usually lead to pain and dysfunction
- Faulty posture and reduce tension and stress on spinal joints and muscles
- Gait pattern
- Dysfunction from neurological conditions



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