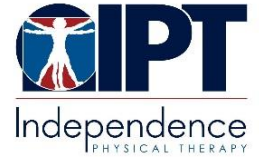




# Independence Physical Therapy

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## The Medically Oriented Gym

### Services included with MOG Membership

- Health assessment
  - o Full review of medical and orthopedic history
  - o Measurement of chronic health risk via BMI, body fat %, waist circumference, and VO2
- Orientation to exercise equipment
  - o Cardio equipment
  - o Weight machines
- Education on FITT principle (Frequency, Intensity, Time, and Type) of exercise
  - o Based on individual's current health status, level of conditioning, goals, etc...
- Individualized and detailed exercise program outline
  - o Cardio
  - o Resistance: upper body, lower body, core
  - o Flexibility
  - o Balance and coordination

### Other Services Available

- Group classes
  - o 1-6 individuals
  - o Facilitated by exercise physiologist
  - o 45 min resistance training utilizing body weight, resistance bands, free weights
- Home Exercise Program: if MOG is too far away, or if client already belongs to another gym, or if client wants to perform exercise at home
  - o Initial appointment
    - Health assessment
    - Goal development
    - Discussion of resources/equipment that will be available to client to use
  - o Design of comprehensive individualized exercise program
    - Pictures of exercises and stretches
    - Detailed instructions of exercises and stretches
  - o Follow-up appointments (one or more)
    - Learn proper execution of exercises
    - Determine if any exercise needs modification based on client limitations
    - Education on FITT principle (Frequency, Intensity, Time, and Type) of exercise
  - o Education on appropriate progression of exercises
- One-On-One Training Sessions
  - o One-time, weekly, and/or monthly basis
  - o E.g. personal training – different routines/exercises each time