



## SCOPE OF SERVICES

- Physical Therapy
- Hand Therapy
- Sports Injury Treatments
- Work Injuries, including FCEs and work conditioning
- Diagnoses treated include:
  - spinal disorders
  - pre/post-op surgical disorders
  - repetitive stress disorders
  - hand and upper extremity injuries and disorders

## CLINICS

Belton/Raymore  
Blue Ridge Tower  
Clinton  
Harrisonville  
KC North  
Kearney  
Lansing  
Lee's Summit  
Liberty  
Metro North  
Odessa  
Olathe  
Overland Park  
South Raytown  
Shawnee

## IN THE CLINIC | Your Exercise Program: The Next Step

Graduation day at SERC is exciting. You've accomplished your physical therapy goals. But what next? How can you keep moving forward? Committing to a regular exercise program is an excellent way to keep yourself in shape and minimize the possibility of re-injury.

But, where to start? First, consult your physician. Then, consider joining a [exercise or wellness program](#). Such a program provides an opportunity to continue your progress in a supportive, positive environment. By joining a exercise or wellness program, you can continue doing the exercises you learned in physical therapy within a structured, controlled environment.

## MAKING THE MOST OF A WELLNESS PROGRAM

Remember, [it's a lifestyle change](#). Try to commit at least one hour a day, three times a week, and don't miss a day. If you do your exercise first thing in the morning, it's a great way to start the day before other responsibilities get in the way.

[Focus on the positive benefits of exercise](#), including decreased risk of heart attack, decreased risk of high blood pressure, increased enjoyment of family and recreational activities, decreased risk of developing diabetes, reduced occurrence of depression and anxiety, and improved self image.

While exercising, [follow these tips](#):

**WARM UP** | Warming up is important to get the blood flowing to the muscles, lubricate the joints, and prepare your muscles for more intense exercise. You should warm up for 5-8 minutes before strength training. Use a treadmill, stationary bicycle, cross trainer, or stair stepper.

**USE PROPER TECHNIQUE** | Improper technique can lead to injury, so make sure you are doing your exercises correctly. Use the techniques your therapist showed you during therapy. If you are unsure of any exercises, ask one of the therapists.

**STAY HYDRATED** | Drink plenty of water. Bring a water bottle or get water regularly from the water cooler.

**STRETCH AFTER EXERCISING** | Good flexibility is important to maintain proper muscle length, to decrease pain and tension, and to maintain joint range of motion. Make sure you stretch at the end of your exercise routine every day. Hold each stretch for 20-30 seconds and repeat them two times each. Ask a therapist if you're not sure what stretches to do.

If you are willing to commit to a regular fitness routine, you can avoid future visits to physical therapy, as well as live a longer, happier life.