

Benefits of exercising include:

- ✓ It lowers blood pressure and the resting heart rate, as well as increase strength and flexibility.
- ✓ It decreases chances of heart disease, lung disease, cancer and diabetes.
- ✓ Helps prevent osteoporosis and obesity.
- ✓ Improves posture and heart, lung, muscle, joint, bone, skin and digestive systems.
- ✓ Reduces the risk of stroke and heart attacks and helps fight off addiction to alcohol, cigarettes, caffeine and food.
- ✓ Improves self-esteem, confidence, posture and sleep, as well as the health of the spine and nervous system.
- ✓ Helps the body better fight and prevent common illnesses and increase bone density and body metabolism.
- ✓ Help prevent and treat depression and decrease the affects of arthritis and aging.
- ✓ Help improve almost all pain associated with joints and muscles.



**21ST CENTURY
REHAB**
Work well. Play well. Live well.

LOCATIONS

www.21stcenturyrehab.com

Corporate Office
P.O. Box 461
Nevada, IA 50201
Ph: 515-382-3366
Fax: 515-382-1576
Toll Free: 1-877-21REHAB

612 8th Street SW
Altoona, IA 50009
Ph: 515-967-4124
Fax: 515-967-9094

270 SW 1st Street
Suite H
Grimes, IA 50111
Ph: 515-986-9667
Fax: 515-986-9642

Indianola Physical Therapy
1507 N. 1st Street
Indianola, IA 50125
Ph: 515-961-7435
Fax: 515-961-7436

209 W. 2nd Street
Madrid, IA 50156
Ph: 515-795-2427
Fax: 515-795-2482

Dallas County Hospital
610 Tenth Street
Perry, IA 50220
Ph: 515-465-7672
Fax: 515-465-7655

Hamilton Hospital
800 Ohio Street
Webster City, IA 50595
Ph: 515-832-7735
Fax: 515-832-9420

Story County Medical Center
630 Sixth Street
Nevada, IA 50201
Ph: 515-382-2543
Fax: 515-382-7171
Toll Free: 1-888-522-9820

WELLNESS & FITNESS PROGRAMS



We have the right program for you!

21st Century Rehab doesn't just provide physical and occupational therapy, we also offer comprehensive and individualized wellness services focused on total health. Our goal is to provide each individual with the knowledge and opportunity to achieve optimal quality of life.

A licensed physical therapist or certified athletic trainer facilitates each of the services that are offered. Each health care professional is trained to treat people of all ages through fitness and wellness programs that achieve healthy and active lifestyles.

Our staff will help you...

- ✓ Walk away with the knowledge to incorporate these physical activity essentials into your daily lifestyle.
- ✓ Address your current health and fitness concerns.
- ✓ Learn proper technique and form to reduce risk of injury.
- ✓ Improve your overall fitness level.



We work with all ages to meet your wellness and fitness needs. Our wellness services focus on postural control, low-impact cardiovascular exercise, strength, flexibility, coordination, and balance. We also work closely with physicians to assist individuals with degenerative conditions and diseases. We provide services such as post-injury rehabilitation, balance and gait training, lower back strengthening, and pain prevention.

Discover how rewarding it is to look and feel your absolute best!

The Finish Well Program.....\$15 - \$50

This program helps you, the patient, continue to exercise after your therapy has ended. The Finish Well Program enables you to continue to exercise in a familiar and comfortable environment while still receiving guidance from your therapy team. (This program is only for patients who have been discharged from therapy at 21st Century Rehab and want an ongoing fitness/wellness program.)

Upon joining the program, our staff will orient you to the equipment and will develop an exercise program that will suit your needs. You can choose from the One-on-One Session which provides individual attention along with the support and motivation you need; or you can choose from the One-on-Two Session, with this option you and another patient will work with our staff.

Another option you can choose is the punch card. This card allows you to use our equipment any time the clinic is open (based upon the discretion of the staff and availability of the equipment). 1 punch = \$2.00

Session	Time	Cost
One-on-One	30 minutes	\$30.00
One-on-One	60 minutes	\$50.00
One-on-Two	30 minutes	\$15.00
One-on-Two	60 minutes	\$25.00
Punch Card	1 punch	\$2.00

The Start Well Program.....\$25 - \$50

What if you haven't been a patient of 21st Century Rehab and wish to take part in a fitness program that provides guidance from licensed medical professionals? 21st Century Rehab's Start Well Program is a great fit for you! This program provides a way for you to improve your cardiovascular endurance as well as muscle strength, endurance, balance and posture. Because each individual is different, a licensed physical therapist or certified athletic trainer will formulate an exercise plan based on a fitness/musculoskeletal assessment.

Before trying any of the "fad" programs, come see us about establishing an individualized wellness program with qualified supervision present at all times. This program, once completed, can phase into The Finish Well Program.

Session	Time	Cost
Initial Assessment	one time only fee	\$30.00
One-on-One	30 minutes	\$30.00
One-on-One	60 minutes	\$50.00
One-on-Two	30 minutes	\$25.00
One-on-Two	60 minutes	\$40.00
Punch Card	1 punch	\$2.00

The Live Well Program.....\$300 - \$500

The 21st Century Rehab Live Well Program is a comprehensive multidisciplinary approach to living well that encourages overall lifestyle modifications to achieve personal fitness, weight loss, strength, flexibility goals and improve balance. We will personalize The Live Well Program to your desired outcome. This program includes initial and post assessment measurements, development of exercise plan and home program, personal training sessions (\$300 - 1 time a week for 6 weeks or \$500 - 4 times a week for 6 weeks), nutrition consultation/dietary review, behavior modification consultation. This program, once completed, can phase into The Finish Well program.

For an additional \$50 (per hour), you can get a soft tissue mobilization for your hands, feet, back or the whole body.