

community connection

Functional Training vs. Exercise- Maximize your Results with Physical Therapy!

By Carla Kazimir PT

If you are currently exercising on a regular basis and you are feeling good and have an optimal amount of energy then the chances are your work out is effective. There are many people who regularly go to a gym but continue to have aches and pains or continue to have difficulty performing activities of daily living. These individuals will continue to do a work out that perhaps they were given during orientation at the gym or they do the exercises that feel comfortable to them and they don't seem to make any progress. Sometimes people even feel worse or sore after their routine.

Functional training can take the routine out of an exercise program and makes the work out more effective. It may be the solution for those with chronic issues involving pain, stiffness or weakness. Functional Training should start with an evaluation by a physical therapist. Functional training involves talking about what things are difficult for you and what parts of the body are causing you problems. A physical therapist evaluates your strength, flexibility, balance and movement patterns. We customize a program that involves exercises that would improve functional tasks.

To be effective, your functional training should include a number of different elements that can be adapted to your needs and goals. Your program should be based on functional tasks directed towards everyday life activities. It should be tailored to what is meaningful to you. It should be specific

to your state of health including the presence or history of injury. There should be a variety of exercises that work in multiple movement planes. It should be progressive so that the training increases in difficulty so that you see the progression of results. Finally there should be feedback so that you know your movement patterns are correct.

Historically physical therapy functional training has been incorporated into sports specific training and stroke rehab. Now, people realize that they can avoid injury and improve their functional performance if they incorporate functional training into their work outs. Basic functional movements that are commonly in need of improvement involve lifting, reaching, sit to stand, getting out of bed, walking, getting out of a chair. Golfers, runners, dancers and tennis players often require functional training to improve their game or reduce pain so that they can continue to perform well. Functional training can be accomplished in a one session evaluation with occasional follow up sessions or it can be more intense with regular physical therapy treatments depending on the functional status of a client.

Functional training can be covered by insurance if a person is injured and in need of functional training as part of their rehabilitation.

It is a very personalized approach to exercise that offers meaningful results so the compliance is better. People like to see progress and they like to live better.

During the month of August we will be conducting functional evaluations for \$99 and follow up sessions at \$45.00.



Please contact North Valley Physical Therapy at 818-217-4868 if you would like to schedule an evaluation. North Valley Physical Therapy is located at 11858 1/2 Balboa Bl Granada Hills, CA 91344. We are Medicare and Blue Shield providers and bill all private insurance. North Valley Physical Therapy is owned and operated by Carla Kazimir PT. Carla has been a member of the American Physical Therapy Association for 30 years. She currently serves on the North Valley Chamber of Commerce Board of Directors and the Senior Service Business Council.