

# Therapeutic Exercises

Therapeutic exercises are movements and physical activities designed to restore function and flexibility, improve strength and decrease pain. If you are receiving chiropractic care or radial shockwave for an injury or a chronic condition, Dr. Wager may incorporate therapeutic exercises in your treatment plan.

Dr. Wager or Donnie will talk with you, perform functional tests to assess your condition and work with you to develop a program of therapeutic exercises designed to promote healing and improve function.

Examples of therapeutic exercises include:

- Range of motion exercises (passive, active assisted and active)
- Progressive resistive exercise
- Balance training
- Strength training
- Aerobic conditioning

We will insure that you are taught the correct technique for each movement.

The type of exercise included in your care will depend on your stage of healing and physical limitations. For example, we may begin with a range of motion exercises, then progress to resistive exercises as your functional abilities improve.