

ACTIVE REHABILITATION + KINESIOLOGY

Kinesiologists provide unique and valuable services to enhance health and wellness. They help plan, manage, and improve fitness, and provide support in rehabilitation and wellness management.

KINESIOLOGISTS:

- Provide active rehabilitation, which consists of the assessment of physical function followed by the implementation and progression of an individually structured and tailored exercise program to enhance and promote the safe and dependable return to an individual's regular life activities.
- Design and conduct health and wellness programs for all age groups, and teach and organize courses and workshops in health promotion.
- Provide functional assessment and treatment services for the rehabilitation of those suffering from physical injuries sustained at work, in MVA's, in sports and in other activities.
- Provide exercise and lifestyle-based services to enhance the lives of those suffering from chronic diseases or physical and neurological injuries, such as diabetes, heart disease, lung disease, cancer, multiple sclerosis, autism spectrum disorder, osteoporosis, arthritis, and traumatic brain injury. (Courtesy of the BCAA)



**WHAT CAN IT DO
FOR YOU?**

