
Some Areas of Focus

- Therapy Transition
- Deconditioning
- Muscular and Joint Ailments
- Weight Loss
- Cardiovascular Recovery
- Pulmonary Efficiency
- Diabetes Management
- Osteoporosis & Arthritis
- Balance & Gait Issues
- Performance Training

Our staff will plan your entire itinerary at the gym and make adjustments as you go tailoring your program to meet all your needs and assuring you achieve maximum results. Join Post Rehab today and see what we can do for you!



Check us out at :
www.gottsche.org
148 E. Arapahoe St.
(307) 864-2913
Thermopolis, WY



POST REHAB



IT'S ALL ABOUT
ME

What is Post Rehab

Post Rehab is one-on-one training focusing on your weak areas. We work hard to define your problems and develop solutions to them. Post Rehab bridges the gap between therapy and wellness and provides:

- **One-on-one training with experts**
- **Specific training for your needs**
- **A blend of therapy & wellness**
- **Prescription exercise**
- **Alternative to expensive therapy**
- **Functional based programming**
- **Individualized fitness**
- **Goals for each individual**
- **Precise care for a variety of needs**

How Does It Work

Post Rehab has a variety of components to it to ensure your success while in our care and working with our Post Rehab experts. Flow of our program follows:

- **Completing an intake form**
- **Participating in an initial assessment**
- **Measuring of baseline values**
- **Establish short & long term goals**
- **Follow activity log with trainer**
- **Progress as trainer deems necessary**
- **Re-evaluate progress each month**
- **Analyze goal achievement & pursuit**

How Can I Benefit

Whether you are the healthiest on the block or dire need of help after an injury or surgery post rehab is for you. Ways to benefit:

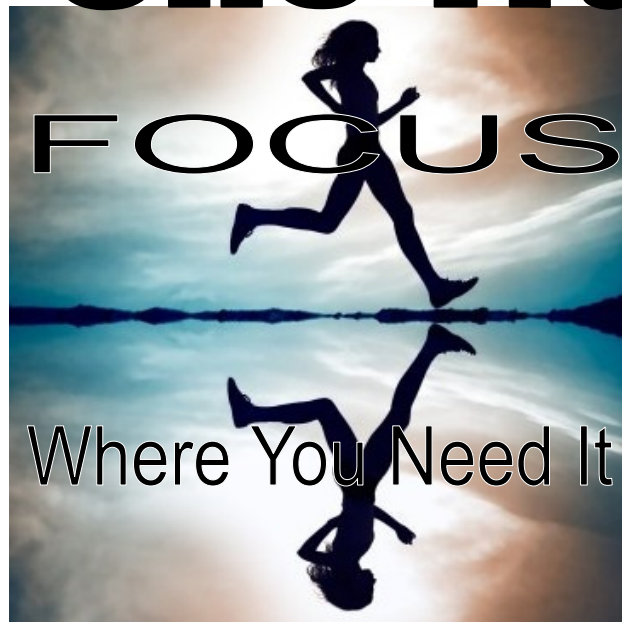
- **Increase strength & endurance**
- **Increase cardiovascular function**
- **Learn the latest fitness techniques**
- **Learn proper use of equipment**
- **Be motivated to work harder**
- **Use our knowledge to work smarter**
- **Overcome intimidation of exercise**
- **Achieve your fitness goals**
- **Develop a highly effective program**
- **Get ongoing one-on-one help**

One-On-One Training!!!

Who Can Participate

Anyone can participate in Post Rehab and most without a script from your doctor. People who join:

- **Everyone regardless your needs**
- **Diseased or disabled**
- **Injured or post surgery/therapy**
- **Seniors to improve function**
- **Athletes to enhance performance**
- **Kids requiring weight loss services**
- **Uninsured for affordable therapy**
- **Require assistance to exercise**



What Will It Cost Me

Post Rehab is affordable on any budget and well worth it! We recommend joining your first month at our facility to ensure you are familiar with all we have to offer and using it correctly. Keep in mind some insurance companies even reimburse you for Post Rehab!

- **\$15 per 1/2 hour session**
 - **\$60/month + membership (includes 8 sessions)**
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