



## Upper Perk Physical Therapy & Sports Rehab

### Winter Newsletter

#### PERK UP!

Upper Perk Physical Therapy & Sports Rehab is proud to offer a medically prescribed exercise program. We call this program **"Perk UP!"** The benefits of this program are as follows:



- Reduce Stress
- Reduce Blood Pressure
- Increase Strength
- Increase Endurance
- Lose Weight
- Improved overall sense of well-being

**"Perk UP!"** is an ideal program for all ages. Exercise benefits include:

- Stronger muscles and bones
- Leaner bodies which controls body fat
- Have less likelihood of being overweight
- Improved blood sugar levels to decrease type II Diabetes likelihood
- Lower blood pressure and cholesterol levels
- Positivity, increased confidence, improved self-esteem

The **"Perk UP!"** evaluation is specifically structured to address patient & therapist identified problems. You should expect analysis and guidance in a medically supervised fitness/rehab program and nutritional planning; as well strategies for integrating a family support system. We perform monthly progress reports, and communicate them with your referring health care professional. Points of emphasis/monitoring within the progress report include:

- weight & nutrition
- range of motion & flexibility / strength
- metabolic rate / conditioning
- heart-rate and blood pressure / endurance.

All of our current staff is CPR & AED certified by the **American Heart Association**. This program is reimbursable by all insurers as long as you have a current prescription for physical therapy. We do accept all insurance plans. We are also pleased to offer convenient day, evening and weekend appointments. We can be reached at 215-679-0105, and sincerely hope to hear from you soon!

#### Best regards:

*Upper Perk Physical Therapy & Sports Rehab "...Committed to building a strong and healthy community"* **Winner of 2012 Best Physical Therapists in Pennsburg**