

TROUBLE MOVING?

INJURIES/INFLAMMATION?

TENSION?

JOINT/MUSCLE

LOW BACK PAIN?

STIFFNESS?

PAIN?



Introducing ARUP's Corrective Exercise Program

- ✓ Learn how to move correctly
- ✓ Perform better day to day
- ✓ Decrease chronic pain
- ✓ Benefit from a personalized exercise prescription

ARUP's Health & Wellness Corrective Exercise Program is a resource for individuals who feel limited in their activities of daily life or recreation due to pain and/or dysfunction in one or more affected joints/muscles.

WHO:

Any ARUP employee, spouse, or dependent (12 and up)

INJURIES THIS CAN HELP:

Can help with, but is not limited to: chronic back pain, old nagging injuries, knee pain, persistent tension in neck & shoulders, recent injuries/inflammation, etc.

WHERE:

ARUP Kjeldsberg Wellness Center

TIME:

Four 30-to-60- minute appointments, frequency determined by coach

WHAT TO EXPECT:

After an initial assessment, your coach will walk you through a series of exercises to determine which exercise prescription is best for you (please wear exercise attire)



How to schedule: wellness@aruplab.com, call ext 2824, or visit the Wellness Center