ZENITH is a medical weight loss and physical rehabilitation facility. Our healthcare team will help you unleash the best version of yourself. Whether you're seeking weight loss, pain reduction or to improve your athletic performance, we can help. Our world class team of professionals work together to tailor a program specific for you and your goals. We do a wide range of diagnostic testing to identify key issues that could be impacting your health. We then create a tailored treatment plan to help you meet or exceed your goals. Our methods allow us to treat the whole body instead of trying to zoom in on one condition.

**Physical Rehab**

Services:

-Physical Rehabilitation

-Chiropractic Care

-Nutritional Counseling

-Vitamin Supplementation

-Functional Rehabilitation

A 90 day transformational rehabilitation program specifically designed to:

-Decrease and Eliminate your pain

-Improve strength, stability, and balance

-Elevate your performance both mentally and physically

-Enhance your quality of life

-Accelerate weight loss

Step 1: Scheduling New Patient Appointment

-Call and set up appointment

-Insurance verification

-Complete online assessment form

Step 2: Day 1 Medical Consult and Examination

Objective: Lets identify what you need. How can we help you?

-Musculoskeletal assessment

-Pain consult

-Referral for diagnostic testing

Step 3: Day 2 Physical Performance Exam

Objective: We will identify your deficiencies and compensations. Where are your limitations and what are your goals?

-Body metrics and composition testing

-Functional movement screen to asses movement patterns

-Nutrition planning and rehabilitation treatment plan prescribed

-Vitamin Supplementation

-Goal setting

Step 4: Day 3-30 Physical Rehabilitation

Objective: Get out of pain and increase range of motion

-Manual Medicine (chiropractic adjustments)

-Electric therapy

-Trigger point therapy

-Primal movement exercises (no machines!)

-Stretchology

-Re-exam and assess patient progress

Step 5: Day 31-60 Foundational Rehabilitation

Objective: Improve stability, balance, and baseline strength.

-Manual Medicine (chiropractic adjustments)

-Core and paraspinal strength focus

-Function movement pattern exercises

-Re-exam and asses patient progress

Step 6: Day 61-90 Functional Rehabilitation

Objective: Improve strength, lean muscle mass, and optimal performance

-Manual Medicine (chiropractic adjustments)

-High intensity interval exercises

-Strength and resistance exercises

-Weight training

-Re-exam and asses patients progress

Step 7: Day 91 - Wellness Care

Objective: Healthy lifestyle maintenance

-Wellness adjustments

-Unlimited functional rehabilitation visits

-Nutrition and supplementation maintenance

**{Use images attached to this folder for Physical Rehab}**