

MOUNTAIN VALLEY THERAPY

Transitional Program

Discharging from Physical Therapy soon? Here is your next step...

When you have completed your time at Mountain Valley Therapy, enjoy a free month of continued exercise at our Mountain Valley Fitness and Health center. The facility next door has the proper equipment and knowledgeable staff to help you. We have many unique resources to help you achieve your health and fitness goals, all under the same roof. Once your program is completed our staff liaison will meet with you and show you the proper exercises to progress and improve your fitness.

To help you maintain your level of fitness and the progress you've made you will receive:

- Free 30-day free membership. *
- A 1-hour orientation session with a personal trainer.

This will help ease your transition from physical therapy toward progressive and independent exercises. We encourage you to continue your exercise program and build on your success with Mountain Valley Fitness and Health.

Our goal is to help you:

- Feel comfortable in a fitness center setting
- Be inspired to reach new fitness goals
- Learn proper use of basic gym equipment
- Progress towards independence
- Prevent future injury
- Discuss other resources and services offered by MVFH staff

If you would like more information, please speak with your therapist or call us at 541-962-0830.

*Free 30-day membership to new members only.

The Vision of Mountain Valley Therapy is to use our passion to empower all people to experience the full joy of living.