

## *Functional Rehabilitation*

At Innovative Physical Therapy, we develop an individualized exercise plan for each patient that includes therapeutic exercises (functional rehab). These exercises work synergistically with manual PT to promote the integration of all involved body systems and optimize normal body function. We use the functional rehab treatment approach to evaluate the musculo-skeletal system in relation to the whole body.

Functional rehab consists of an individualized exercise plan that combines strengthening with proprioceptive stimulation (ability to know where you are in space) to promote improved mobility and stability. The body moves in 3 planes of motion at any given time. If a particular plane of motion is lacking in a region of the body, this will then limit other regions from moving optimally. This type of rehab approach is based on the principles of Applied Functional Science that were developed by Gary Gray, PT, founder of the Gray Institute, [Grayinstitute.com](http://Grayinstitute.com)

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