

# Congratulations!

Today is your graduation day from physical therapy! We at Full Range Health Services want to say thank you for choosing us as one of your health care providers. Our goal is to ensure that you continue to experience positive health benefits after your journey with Full Range is complete. In this packet, you will find information on how to continue to promote the positive effects of physical therapy as you continue to work towards your goals.

## How to stay safe with exercise:

- Have an open conversation with your therapist about any concerns you may have.
- Know your limitations!
- When performing new exercises, start slow and control your movement.
- Monitor your pain levels; recognize when they are increasing abnormally.

## Ways to improve after physical therapy:

- Consistently complete your assigned home exercises and discuss safe progressions with your therapist.
- Monitor your symptoms and be aware of anything abnormal (pain, swelling, bruising, etc.)
- Allow time for your body to recover from exercise. If you would like more information on exercise recovery, ask your therapist about our Refresh™ program.
- Reach out to your therapist if you have any questions or concerns.

## Your Life. Your Goals. Your Way.®

### Contact Us Today:

Office Number: 610-241-2685

Email: [support@fullrangehealth.org](mailto:support@fullrangehealth.org)

Website: [www.fullrangehealth.org](http://www.fullrangehealth.org)



Full Range Refresh™ is a new program we are offering to help with exercise recovery. Whether you are an athlete preparing for your next competition, experiencing increased muscle soreness from exercise, or just feeling stressed about work and need to focus on yourself, Full Range Refresh™ is for you!

**With the Full Range Refresh™ Program,  
you will be receiving:**

- ⊕ Normatec Compression
- ⊕ Flexibility Training
- ⊕ Manual Therapy
- ⊕ Virtual Reality Meditation

If you are interested in this program, ask your therapist about the next steps or contact us at the information below.

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Website: <https://www.fullrangept.com/refresh/>

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Full Range Physical Therapy?  
Leave Us a Review on Google!**



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