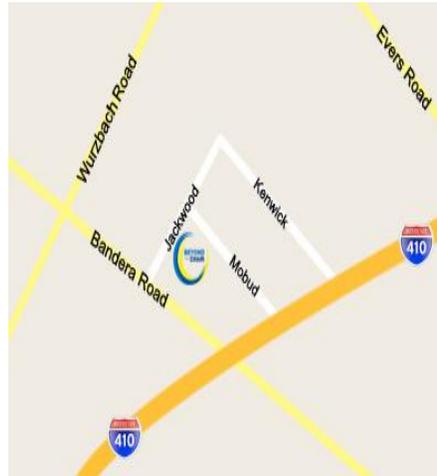


**Facility:** 2,200 square foot specialized facility

***We Provide Service For The Following Conditions:***

Spinal Cord Injury	Spina Bifida
Traumatic Brain Injury	Rett Syndrome
Post Stroke	ALS
Multiple Sclerosis	Fibromyalgia
Muscular Dystrophy	Amputees
Cerebral Palsy	Guillain-Barré
Parkinson's	Alzheimer's
Geriatrics	Weight Management

*This program is not to be confused with physical therapy, as for it is a post-rehab program specifically designed to complement and improve the client's level of function after discharge from rehab services. Beyond The Chair does not purport to provide any aspects of treatment or diagnosis of our clients' medical conditions. Our program is strictly and nothing more than a supervised safe and effective exercise program. We strongly believe that our training program is a great approach to bridge the gap between healthcare and fitness.*



## Beyond The Chair

5310 Jackwood

Suite 2

San Antonio, Texas 78238

Phone: 210.256.0700

Email: [info@beyondthechair.org](mailto:info@beyondthechair.org)

[www.beyondthechair.org](http://www.beyondthechair.org)

Office Hours: Monday-Friday 9am-6pm

NEURO RECOVERY GYM



***TRAIN TO REGAIN!***

## ***Our Mission***

***Beyond The Chair exists to provide an improved quality of life for individuals with spinal cord injuries and other neurological/physical disabilities through intensive exercise programs to enhance overall functional capacity.***

## Our Program

Beyond The Chair offers a specialized exercise program for those living with spinal cord injuries and other neurological/physical disabilities. Our highly motivated and skilled staff of Neuro-Fitness Specialists utilizes exercise principles, techniques, and modalities that are adapted to enhance the strength, endurance, and mobility of each individual with functional limitations.

**These 8 components of function are the base of our program:**

1. **Rom/Flexibility**
2. **Joint Stability**
3. **Muscle Recruitment**
4. **Strength**
5. **Endurance**
6. **Proprioception**
7. **Balance**
8. **Coordination**

Ultimately our focus is geared towards meeting the needs and goals of our clients in an environment filled with inspiration, hope and determination with a supporting cast of friends, family and community all working together towards our mission!



## Program Benefits

- Improved circulation and blood pressure
- Improved cardiovascular endurance
- Maintenance of bone density
- Increased muscle mass and strength
- Improved range of motion
- Reduced muscle spasms and spasticity
- Improved sensation/temperature control
- Improved mobility and ability to function independently
- Potential to reduce pain and depression

**Beyond The Chair offers these distinct exercise programs that are designed to meet each client's specific needs:**

### *In-House Training Program*

Our most successful and highly recommended program at Beyond The Chair. This gives our client's consistent access to our facility and our Neuro-Fitness Specialists throughout the duration of their training in a supervised, safe and motivating environment. The program includes: an initial evaluation/fitness assessment, customized exercise prescription program, and one-on-one training.

### *Personal Trainer Training Program*

Not everyone is able to relocate to San Antonio, Texas to attend Beyond The Chair on a regular basis. This program teaches your own personal trainer how to safely and effectively implement our exercise training methods with you in your home or local gym. After the training has concluded, you will be given a detailed training manual that demonstrates how to properly perform the exercises, a customized exercise prescription, and DVD.

### *Travel Training Program*

No matter if you live out of the city, state or country, our Neuro-Fitness Specialists can travel to you! Receive our unique training program in the comfort of your own home or location of your choice. This program includes an evaluation/fitness assessment, and customized exercise prescription. This may be combined with our Personal Trainer Training Program to maximize your training experience.



**GROUP EXERCISE CLASS!**

**OPEN GYM ACCESS!**