



One-on-One Training

One-on-One training is our most successful and highly recommended program. This program gives our clients consistent access to our Certified Neuro-Fitness Specialists who create personalized exercise programs. Our staff tracks progress by using a variety of functional scales and will refine programs as needed. This program is designed for clients who are able to commit the time and resources to commuting to our San Antonio, TX facility or those who plan on long-term relocation.

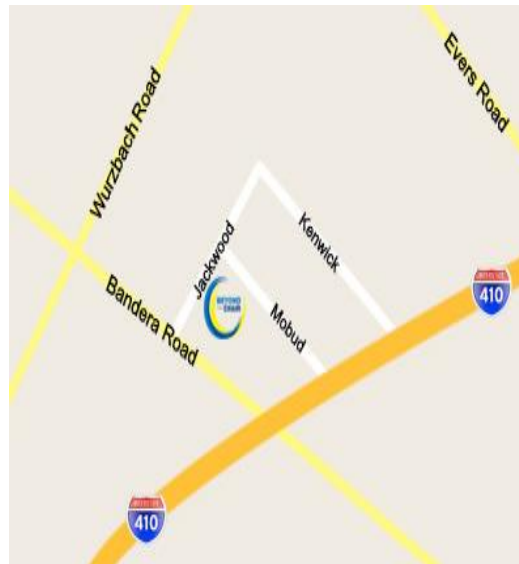
hourly rates change based on number of sessions/week

Veteran Membership

Here at Beyond the Chair we appreciate the military men and women who have served our country. Please contact us for special military prices.

Other Memberships

Please contact Beyond the Chair for other packages and memberships offered.



Beyond The Chair

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NEURO RECOVERY CENTER



RESPECT THE TRAINING.

HONOR THE COMMITMENT.

CHERISH THE RESULTS.

501(C) (3) Non-Profit Organization

Our Program

Beyond The Chair offers a specialized activity-based recovery program for those living with paralysis. Our Certified Neuro-Fitness Specialists utilize exercise techniques and modalities to train the body in functional movement patterns. BTC believes this approach delivers the proper stimulation to nerves, muscles, bones and joints to achieve the highest functional outcome and recovery possible.

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!

Our Mission

Beyond The Chair exists to provide an improved quality of life for individuals with spinal cord injuries and other neurological disabilities through intensive activity-based recovery programs.



www.beyondthechair.org

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
Weight Management	Geriatrics

Our Training Consists Of The Following:

- Neuro Muscular Development
- Load bearing/Closed chain activities
- Strength training
- Core strength/Balance training
- Gait training
- Active/Passive Range of Motion
- Flexibility
- Functional Electrical Stimulation (FES) training



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

This program is not to be confused with physical or occupational 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 a supervised safe and effective functional exercise program. We strongly believe that our activity-based recovery program is a great approach to bridge the gap between healthcare and fitness.