



# Active Rehabilitation

Whether you have a sports injury, motor vehicle injury or other pain, you will heal faster with our Active Rehabilitation programs. Our on-staff Kinesiologist's will tailor a treatment plan to help you feel great, faster!

**Injuries are a pain, especially when they stop you doing what you love most.**

If you are recovering from an injury, you'll know that it really can get in the way of your routine. It doesn't have to be this way.

Our active rehabilitation programs help people recover faster from injury. People who participate in our programs often heal faster and get back to doing the things they love... with less pain.

## QUALIFIED STAFF

Our Active Rehab staff are certified Kinesiologist's with post secondary education in either Kinesiology or Human Kinetics, this means that you will get expert advice to heal faster.

## ONE-ON-ONE ATTENTION

Each injury is unique, so we take the time to carefully asses and prescribe a suitable program to speed up recovery. You'll get one-on-one expert attention.

## HEAL FASTER

Our proactive approach to injury recovery allows for more rapid healing by integrating a progressive series of activation exercises to strengthen weak muscles and rebalance your body.



## **OUR NETWORK**

In addition to our clinics, we also work in cooperation with ICBC, as well as, many medical clinics, law firms, physiotherapists, registered massage therapists and licensed chiropractors. Performance Institute training facility is a positive health and wellness environment. Our uniquely encouraging atmosphere and caring staff help to motivate clients, facilitating a faster recovery.

## **REPUTATION**

Our program is recognized by physicians, lawyers and employers as Metro Vancouver's premier Active Rehabilitation Program in large part to our high success rate of returning clients to work, daily and recreational activities quickly without causing further injury.

## **CUTTING EDGE TRAINING**

Performance Institute's staff is continually upgrading their skills and knowledge base. We provide world class training protocols combined with the practical knowledge and expertise of first-rate therapists.

### **Contact us for the Pricing Options.**

Let us help you get the results you're looking for. Set up your Active Rehab sessions today!

**[SCHEDULE AN ASSESSMENT](#)**