

## Program Hours

Monday: \_\_\_\_am/pm to \_\_\_\_am/pm

Tuesday: \_\_\_\_am/pm to \_\_\_\_am/pm

Wednesday: \_\_\_\_am/pm to \_\_\_\_am/pm

Thursday: \_\_\_\_am/pm to \_\_\_\_am/pm

Friday: \_\_\_\_am/pm to \_\_\_\_am/pm

Program times and availability will vary from time to time. The times of your specific program will be filled in by the scheduler upon registration.

## Your Program Duration

Start Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Through date: \_\_\_\_/\_\_\_\_/\_\_\_\_



## Program Guidelines

1. Advance registration required as space is limited.
2. Open enrollment every 2 weeks, with new sessions starting every other Monday. Your therapist will make sure you are signed up for the next enrollment.
3. Participation must be on non-consecutive days (ie; Monday, Wednesday, Friday or Tuesday, Thursday).
4. Remember to wear appropriate attire, such as sneakers, flexible pants and shirts.
5. Please refrain from using cell phones in the gym.
6. Please do not bring any children who require supervision. We do not have childcare facilities.



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New Hampshire NeuroSpine Institute



The Next Step Program:  
Beyond Physical Therapy

*Caring for the quality of your life.*



## The Next Step Program: Beyond Physical Therapy

“The Next Step” is a unique exercise program directed at transitioning physical therapy patients treated at New Hampshire NeuroSpine Institute to an independent exercise regimen.

Physical therapy is an integral part of most patients’ recovery. However, financial constraints and limited authorized visits can lead to some patients having to cut short their therapy, therefore making a less than full recovery.

“The Next Step” program at NHNSI offers patients the opportunity to maximize their recovery in a medically-supervised and controlled environment. The patient will continue to progress through the exercises started in physical therapy, with the opportunity to learn new types of exercises to offer longevity and variety to their routine.

A Physical Therapist or Athletic Trainer is always available to answer questions and assist the participants in achieving their exercise goals, safely and with confidence.

## I am finished Physical Therapy, Why do I need to continue exercising?

Research has shown us that 60-86% of patients will report a recurrence of back pain. People with acute low back pain are at high risk for a recurrence of symptoms, especially during the first year after an acute episode.

We now know that regular aerobic and strengthening exercises can decrease the recurrence rate by at least half.

Joining “The Next Step” program will provide you with the necessary advantage to help you adhere to a long term exercise program.



## Interested in taking “The Next Step”?

The Next Step is a 6-week program offered in our Bedford, NH facility. There is a one-time registration fee of \$120.00 which will entitle you to regular attendance during that timeframe. It is available most weekdays with participation possible 2-3 times per week on non-consecutive days. This will allow you flexibility in planning your attendance around your schedule.

You will be working with a group in our gym on a routine established for you by our Program Leader. Your first visit will start with an introduction of what the program will entail. Each return visit will start with a group warm up and then allow ample time for you to work on your personal exercises. The Next Step will incorporate the use of free weights, machines, exercise balls, etc.

Talk to your New Hampshire NeuroSpine Institute PT today for details on how to join. We offer a revolving enrollment, with a new session available every 2 weeks.