

## Post Rehab Program

Establishing an ongoing exercise routine following physical therapy not only helps to maintain and build on the positive results gained in therapy, it also helps to prevent re-injury and the return of chronic conditions

The Lancaster Family YMCA Post Rehab Program, is available to patients who have completed their rehabilitation program with a physical therapist and are ready to continue with prescribed therapy routines on their own.

Through the Post Rehab Program, participants have an opportunity to exercise for no cost at the Lancaster Family YMCA, with an option to continue their health and wellness plan at the Y through a discounted membership price once the program is completed.



## The YMCA Mission

Serving Lancaster County since 1854, the Y provides programs and services that enhance the spiritual, mental and physical well-being of our community.

### Our Locations

#### City Center Branch

265 Harrisburg Avenue  
Lancaster, PA 17603

#### Lampeter-Strasburg Branch

800 Village Road  
Lancaster, PA 17602

#### YMCA at New Holland

123 North Shirk Rd  
New Holland, PA 17557

### Post Rehab Program Contact:

[Communityhealth@lancasterymca.org](mailto:Communityhealth@lancasterymca.org)  
717-393-9622

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



# Post Rehab Program



Lancaster Family YMCA

## Program Phases

### Phase 1

At the beginning of the program, you will receive a free adult membership to the Lancaster Family YMCA for up to four weeks. A Y Wellness Coach will lead you through an orientation so you feel comfortable with the equipment and understand all the services and programs available to you. You will also have full use of all three Y facilities, including the pools, Wellness Centers, Child Watch services and group exercise and aquatics classes.

### Phase 2

If you decide membership is right for you anytime during your four weeks, you have an opportunity to join the Y without paying the initial investment fee. As a member, you will be eligible to participate in our SMART Start Program. In SMART Start, you will work with a Y Personal Trainer who will provide the individualized attention and motivation needed to get you started on your fitness goals and keep you on track.

## Financial Assistance

Through the Y's Financial Scholarship program, financial assistance is available to help offset the costs of Y membership and programs for those who qualify. Please visit our branch Welcome Desks for more information. We suggest you begin the application process during the four week free membership phase.

## How do I register?

Your physical therapist will contact the Health and Wellness Director of the Lampeter-Strasburg YMCA branch and provide that director with your treatment plan and discharge paperwork, which includes a recommendation for participation in the Post Rehab Program.

A YMCA Wellness Coach from your preferred branch location will then contact you to schedule a time for your orientation and help you get started on your personalized health and wellness routine.

## What can I do at the Y?

At the Lancaster Family YMCA we offer a variety of programs that promote an ongoing healthy lifestyle.

Whether you enjoy the camaraderie of a group exercise class, the mindfulness of yoga, the peacefulness of swimming, or the rush associated with cardio training, our Wellness Coaches will help you find the right programs to meet your health and wellness goals.



## What can I expect at my program orientation?

During your orientation you'll receive a tour of the facility, instruction on how to use the equipment and an overview of group exercise classes. If your therapy includes use of the pool, your Wellness Coach will show you the aquatic facilities.

Please arrive fifteen minutes early for your appointment to complete paperwork. We suggest you wear sneakers and lightweight clothing which is comfortable for movement. Please bring a copy of your therapist-prescribed exercises and a bottle of water to stay hydrated during your session.

After your orientation with the Wellness Coach you are free to use the facility on your own to continue your exercise routine.

If you are unable to make your scheduled appointment, we request a 24-hour notice for cancelations.

