

# The Sibley Report

November 2000

... the place to find valuable information to help make your job – and your life easier!

You will receive a copy of this brief, easy-to-read report every month – and it will cover topics that are of interest to you! If you have a topic idea or any other suggestions, please give our Editor - Angie Catenaro - a call.

Sibley & Associates is a national disability management firm with a decade of experience, 115 plus healthcare professionals and state-of-the-art technology. Our customers benefit from all the advantages a large company has to offer...while also benefiting from the “small business” customer service philosophy of our dedicated **Insurance Services Division**.

## Home/Gym Exercise Programs - The Benefits of a Personalized, Individual Approach to Physical Rehabilitation ...

After an accident it is often without question that a client is referred to a clinic to receive a combination of passive treatments (e.g., heat, ice, TENS, ultrasound, massage) and an exercise program. Although conceptually sound, the clinic setting may not always be the ideal environment for optimal physical rehabilitation. Increasingly, Home/Gym Exercise Programs are being viewed as a very advantageous option because of their individual approach, making them very effective for a wide range of situations.

Often in a clinic setting, the claimant is surrounded by “suffering” and negative attitudes which can be contagious. In a busy clinic, it can be difficult for the claimant to receive constant, personalized attention. As a result, the claimant may unknowingly develop poor exercise techniques that could delay progress.

By contrast, the home/gym exercise program seems to offer many benefits, such as:

- more emphasis on active treatment
- convenience
- lower costs
- one-to-one supervised attention
- time efficiency
- reduces dependency on clinical setting (e.g., exercise machines)
- more specific to functions of daily living
- removed from any potential negative influences

The personalized, individual approach of Home/Gym Exercise Programs might just be what the doctor ordered!

For more information, please see the attachment “Key Aspects of the Ideal Physical Rehabilitation Program”.

# Sibley

& ASSOCIATES INC.

Steve Sibley  
President & C.E.O.  
Jim Richings  
Vice-President, Operations  
Cam Lowther  
Vice-President, Sales and Marketing

3027 Harvester Road, Suite 401  
Burlington, Ontario L7N 3G7

Tel: 905-633-7800 or  
1-800-363-8900  
Fax: 905-633-7435

www.sibley.ca

sibley@sibley.ca