

## Injury or Post- Surgery Rehab in Albuquerque – Get Thee to a Certified Personal Trainer

If you have recently injured yourself or have had surgery on one of your joints such as your knee or shoulder your body's response to the injury or surgery is for the muscles around that joint to atrophy or shrink. Logically the injury area or joint is at extreme risk at that point because the muscles and tissue surrounding that joint including the blood vessels, connective tissue, and muscle are extremely weak. Normally after surgery your surgeon will prescribe multiple visits to a physical therapist for physical rehabilitation treatments so you can rehabilitate the joint, the muscles surrounding the joint, the blood vessels, and connective tissue. Physical rehabilitation will strengthen the muscles, and grow the connective tissue, and blood vessels around the joint which in turn will put the joint and the supporting muscle and tissue around it in better shape ideally than what it was before the injury occurred. After the prescription that your orthopedic doctor wrote for you with the physical therapist runs out (physical therapist visits are covered by health insurance quite often) it is up to you to continue with the different exercise routines you learned to continue with your joint rehabilitation. There are a variety of joints that can become injured from playing sports, slipping on ice, general body wear and tear as the body ages and of course a dreaded automobile accident. Joints such as knees, shoulders, ankles, wrists, and hips are all parts of the body that can become injured for any number of reasons. When you do get injured in a joint on your body it is not just the muscles, tissue and blood vessels that become weak. Quite often the entire limb on your body associated with that joint becomes weak and needs rehabilitation.

## Physical Therapy Prescription Runs Out – Hire a Certified Personal Trainer in Albuquerque

The upside to your prescription for physical therapy running out is a good one because if you do decide to hire a personal trainer (which makes really good sense) to help you continue with your post surgery rehab you'll have the added advantage of working on your entire body as opposed to just one joint. You'll continue to work extra hard on the rehab needed for your injury or the joint you had surgery on to maintain your rehab progress, but with your very own personal trainer you'll be able to improve in all areas as well. As with many exercise routines it is very easy to get lazy and stop doing your rehab or for that matter working out in general. With a personal trainer at your side you'll have the support you need to stay on track, stick with your physical therapy and have the added advantage of getting fit and losing weight throughout your entire body. When you think about it with a personal trainer helping you stay on track with your injury or post surgery rehabilitation you'll also be able to improve the strength around all your joints which will put you at lower risk and ideally healthier and in better shape than you have ever been in.