

Ankle Replacement Rehabilitation Albuquerque – Upward Motion Personal Training 2012 Ankle Rehab Program

Upward Motion Personal Training offers personal training ankle replacement rehabilitation in Albuquerque.

Albuquerque, NM (Pitch Engine) February 29, 2012 [Upward Motion Personal Training \(UMPT\) delivers its 2012 ankle replacement rehabilitation program.](#) It's a fact that unless you're able to continue paying a physical therapist directly out of pocket after your physician's physical therapy prescription expires or your insurance company disallows continued physical therapy sessions at some point after ankle replacement surgery you will be on your own doing and paying for rehab. Physical therapist set up specific physical therapy maintenance workout programs for ankle replacement patients. Once you're at the point with your physical therapy where you are doing your post ankle replacement maintenance on your own it makes good sense in many instances to hire a personal trainer to help you continue your workouts. Knowing this fact is why Upward Motion Personal Training started offering personal trainer services to post ankle replacement surgery patients. In conjunction with the post surgery maintenance workouts given to ankle replacement patients by their physical therapist, Upward Motion Personal Training will set up a workout program that concentrates on careful exercises designed to work out the client's entire body and the client's ankle.

About [Upward Motion Personal Training](#)

Upward Motion Personal Training is a personal trainer studio offering customized personal training workout programs, small group training classes, Women's Butt and Gut Classes, Piloxing classes, an [on-line store](#) , [Corporate Wellness Programs](#), and Upward Motion Personal Training's Y.E.S. To Success Program. The company's workout studio is located at 336 Adams St SE, Albuquerque, NM 87108

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