

# NeuroWell Exercise Program

## REGIONS HOSPITAL REHABILITATION



Fitness is an important component to leading a health life. If you have a diagnosis that affects your brain or spine, it is important to be able to rely on knowledgeable fitness professionals. Our team is here to design a tailored exercise routine specific to your needs. Experience how our NeuroWell Exercise Program can help you improve well-being and quality of life!

### Program Details

A therapist may refer you to the NeuroWell Exercise Program at the **HealthPartners Neuroscience Center**. Our program includes:

- **Input from your therapist** to identify diagnosis-specific considerations for your tailored exercise program
- **1:1 appointments** with the exercise physiologist to assess baseline fitness measures
- **Supervised group exercise** (2-3 60-minute sessions/week); 4-5 members carry out their routines
  - Consists of strength, cardio and flexibility/balance exercises
- **Re-assessments** completed periodically to track progress compared to baseline fitness measures

### Populations served

Our team provides specialized exercise programs tailored to:

- ALS
- Alzheimer's & Dementia
- Amputee Patients
- Bone Health
- Cancer Rehab
- Concussion
- Diabetes
- Generalized Deconditioning
- Multiple Sclerosis
- Parkinson's Disease
- Spinal Cord Injury
- Spine and Pain
- Stroke
- Traumatic Brain Injury

### How do I start?

Upon referral we will assist you in setting up your initial appointment

Feel free to call us at **(651) 495-6704** with any questions.

### What does it cost?

#### NeuroWell Exercise Program Cost

- **2 appointments per week:** \$150/month
- **3 appointments per week:** \$175/month



**For more information:**  
651-495-6704

**HealthPartners Neuroscience Center**  
Regions Hospital Rehabilitation  
295 Phalen Blvd., St. Paul