

# **Rehabilitation Exercises/Functional Training**

## **The Most Important Information for You**

### **When will I receive rehabilitation exercises or functional training?**

You will receive one of the above services if:

- you suffer from a recognised disability,
- you are at risk of a disability or,
- you suffer from a disorder of the Musculoskeletal system.

### **What are the goals of the rehabilitation exercises or functional training?**

The goals of the services are, among others:

- strengthening endurance and strength, improving coordination and flexibility,
- the preservation and improvement of mobility,
- delaying the loss of function of individual organ systems/body parts,
- pain relief, illness coping support and "*helping you to help yourself*",
- strengthening of self-confidence, especially for disabled or disability-threatened women and girls.

The overall goal is that in the long term you also improve your health independently and perform movement training, such as by additional engaging in sport activities in the previous group or in a club, at your own expense.

### **What forms of rehabilitation exercises or functional training are there?**

- gymnastics (also water gymnastics) and swimming,
- athletics and movement games,
- dry and wet aerobics.

Excluded are measures that involve exercises on technical equipment for muscle building or endurance enhancement.

### **How do I apply for rehabilitation exercises or functional training?**

The attending physician prescribes the services of rehabilitation exercises or functional training using application form 56, which is available in the doctor's office. The prescription is valid for three months from the date of issue.

### **How long can I receive rehabilitation exercises or functional training?**

The attending physician decides on the type and scope of benefits given. Depending on the prescribed benefits, the scope of services is between 12-36 months and may include a certain number of training sessions.

### **Do you have further questions?**

No problem! We are available by telephone, in writing, or in person in one of our branches in Bremen and Bremerhaven.