

## **Letter for your primary care physician:**

**Fellow medical practitioners and colleagues,**

I developed this program for patients that have successfully progressed beyond a traditional physical therapy scope of practice, yet they don't know where to turn to once discharged. I also developed this program for healthy adults in need of a safe and effective exercise and fitness program that targets various regions of the body.

Phase 1 focuses on restoring neuro-muscular reeducation that is necessary following a stagnant or sedentary lifestyle. Phase 2 gently progresses them with minimal but effective resistance towards more functional upright and closed chain activities. Once they have reached phase 3 the client has successfully participated with the program for at least 6 weeks. This is the time necessary physiologically for muscular hypertrophy to occur. Phase 3 will allow them to increase resistance gently and progress to our most functional exercises, improving on fluid dynamic movements and improving generalized dynamic standing balance, hence improved ambulation quality. The clients will participate with the program in the safety of their own home.

The health and fitness industries are obviously overwhelming, even for us that live in it daily. I hope to gain your trust and greatly appreciate your recommendation.

**Please feel free to contact me if you have any questions.**

**Marty Sanchez, PT, DPT, GCS**

**Doctor of physical therapy**

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