



HUMBOLDT HAND & FOOT THERAPY, INC.

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Fitness, Wellness and Prevention programs:

- *Fall Prevention**
- *Weight loss**
- *Post injury exercise**
- *Fitness Consultation**
- *Strength and Balance training**
- *Senior stretching**
- *Exercise for Fibromyalgia**
- *Cardiovascular Fitness**
- *Body Mechanics Workshop**
- *Sport Specific training**
- *Medically oriented gym**
- *Geriatric Wellness**
- *Mat Pilates**
- *Diabetic Wellness program**
- *General strengthening**

-With over 9,000 insurance billing codes for individual procedures, there is not a single billing code for patient compliance to home programs or for helping patients maintain their health.

Benefits of regular physical activity

- reduce your risk of a heart attack.
- manage your weight better.
- have a lower blood cholesterol level.
- lower the risk of type 2 diabetes and some cancers.
- have lower blood pressure.
- have stronger bones, muscles and joints and lower risk of developing osteoporosis.
- lower your risk of falls.

*Wellness programs are individually designed to supplement our Occupational Therapy rehabilitation program. These are CASH PAY one on one programs focused on Health and Wellness Maintenance which are outside the scope of insurance coverage. Appropriate for people who will benefit from supervised exercise, movement and balance training for overall health. These may include patients who are ready for discharge from formal therapy. These programs are NOT considered "Medically Necessary" by insurances but can be very beneficial to our overall health.

*Call HHFT to schedule (707) 441-1931