**Hours:**

Monday, Wednesday and Friday 4 – 8 p.m.
Saturday 9 a.m – 3 p.m.

**Enrollment:**

Once you have received permission from your physician to participate in an exercise program, have your physician fill out the prescription form specifically for Strength Unlimited at Kirby Glen and fax to 713.383.5713. Your first scheduled appointment will include an orientation to the program, staff and facility.

Please call 713.524.9702 to receive more information and to enroll in TIRR Strength Unlimited at Kirby Glen to begin a healthier you!
TIRR Memorial Hermann Hospital, a leader in rehabilitation research and technology, has been named one of “America’s Best Rehabilitation Hospitals” by *U.S. News & World Report* for 20 consecutive years. Because we care about your health and wellbeing, we have designed TIRR Strength Unlimited at Kirby Glen to provide specialized strength and cardiovascular training to those with physical disabilities due to neurological injury. This program offers clients the ability to improve strength, fitness and flexibility in a fully accessible environment with trained professional staff.

**Benefits of participating in a fitness or exercise program include:**

- Increased strength and energy
- Increased self-esteem
- Improved emotional wellbeing
- Increased flexibility/joint range of motion
- Weight management
- Better sleep
- Improved circulation and reduced blood pressure
- Improved outlook related to chronic disease, reduced risk of further disability
- Increased mental focus

A variety of training packages and different levels of support from a fitness specialist may be purchased.

**Clients can utilize the vast amount of cardiovascular and strength-training equipment, such as:**

**Lower-Extremity Machines:**
- Lokomat® robotic-assisted ambulator
- Locomotor training treadmills
- Functional electrical stimulation bike
- NuStep®
- Resistive cable systems
- Standing equipment
- Recumbent and stationary bikes
- Elliptical machines
- Stair stepper
- Total Gym®

**Upper-Extremity Machines:**
- Functional electrical stimulation bike with upper-extremity attachment
- Upper-extremity cycles
- Resistive cable systems
- Versatrainer®
- Adjustable wall pulley
- Adaptive strengthening equipment

**Balance Equipment**
- Physioballs
- Foam
- Rocker boards
- Dynadisc
- Airex® balance beams