Special Population Management Program

The Special Population Management program is offered to employees, retirees and dependents, and is coordinated by a master’s level Applied Exercise Physiologist. The purpose of the Special Population Management program is to serve individuals (self- or provider referred) with acute or chronic injury or conditions by expanding the areas of treatment and injury prevention. Special attention is given to exercise and nutrition (may refer to RD if needed) within these populations that need targeted assistance. The program focus includes: decreasing pain, increasing cardiovascular endurance, strength, range of motion, balance and flexibility, weight control, behavior change, and improving quality of life at work and home.

Based on referral type, consultation may likely take place between Exercise Physiologist and health care provider(s) to assure proper communication and integrated team efforts on the progress of individuals receiving assistance.

For more detailed information about the Special Population Management Program --

Visit our website
http://hr.utmb.edu/hpw

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