



**CHRIS HA, Exercise Physiologist (Adaptive conditioning).**

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Adaptive Exercise Consultant and Trainer, Chris Ha provides effective, affordable therapy for people with chronic conditions. Please consider what he has to offer as you assess such patients.

Ha calls his approach “alternative therapy” because he draws from several therapeutic fields in his work— physical training and conditioning, sports medicine, rehabilitative therapy, and others. He offers 1 ½-hour sessions at the Central Lions fitness facility in Edmonton, one of the most affordable programs in the region. He also offers individual sessions.

**Credentials:**

- Degrees: Bachelor’s degrees in psychology and Physical Education and Recreation
- Certificates: American College of Sports Medicine Exercise Physiologist (ACSM EP-C) and Functional Capacity Evaluator (FCE).
- Registered memberships: Alberta Kinesiology Association, American College of Sports Medicine.

**Experience:** MS Society, Parkinson’s Society, Glenrose Rehabilitation Hospital, Misericordia Hospital, Primary Care Network, Central Lions Senior Centre

**Clientele:**

- People with chronic illnesses such as diabetes, cardiac disease, stroke, cancer, paraplegia, quadriplegia, multiple sclerosis, Parkinson’s disease, visual impairments.
- People with chronic pain from injuries, osteoarthritis, sciatica, lower back pain, hip replacement, knee surgery, pre-and-post surgery.
- People with physical/cognitive conditions such as stroke.
- People with poor balance and core stability.
- People with poor results from traditional physical therapy.
- People whose physical therapy insurance benefits have run out.

**Disciplines used in Alternative Therapy:** adaptive functional conditioning, biofeedback techniques, myofascial release stretch, and proprioceptive neuromuscular facilitation stretch. Mobility is the first principal of training. Mr. Ha uses fully equipped fitness centres at the Central Lions facility and in Sherwood Park.

**Therapeutic programs and goals:** Mr. Ha conducts assessments and personalized exercise programs. He provides individualized instruction at weekly or biweekly classes for strengthening, flexibility, pain reduction, coordination, fall prevention, and core stability. He receives referrals from many therapeutic facilities.

**Venue Information:**

- Post Rehab Conditioning program, Central Lions Seniors Association, 11113-113 Street, Edmonton. 780-496-7369, Website [www.clsa1.ca](http://www.clsa1.ca) .
- Individualized Training at Glen Allan recreation complex in Sherwood Park.