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The future of medically integrated fitness for enhancing clinical outcomes

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With the uncertainty regarding the future of the health care system, administrators, medical professionals and private practices are looking for solutions to a broken system. Today's crisis leads to a new opportunity that will combat rising health care costs and improve patient outcomes. The obesity epidemic and the incidence of disease and injury have forced the need for a preventable, medically integrated, outcome based model of medical fitness. Exercise and proper nutrition is the foundation to all functional medicine and anti-aging treatments as well as a necessity for healing and preventing injuries in patients. As we optimize body composition through increasing lean muscle mass while decreasing the fat mass, many of the hormone imbalances that are causing chronic disease can be eliminated. As specialists in our field, we need to have the tools to educate and train our patients on proper exercise and lifelong nutrition to maximize the healthy changes in the lives of our patients. As physicians, we have the ability to influence our patients to make positive changes in their fitness and nutrition that will impact their clinical outcomes. We just need to implement those into our current practice models. Five learner objectives are: Review the current literature on to use medical fitness to change the course of history; understand the need for physicians to prescribe medical fitness and the power we have to make change; maximizing orthopedic outcomes through integrated fitness and nutritional services; compliment any medical practice model to increase cash based revenue and obtain new patients at the same time and; easy ways to implement medical fitness into your practice.

Biography

J R Burgess runs a very successful Non-Surgical Orthopedics practice that utilizes medical fitness as part of their care for achieving better outcomes. Currently, they assembled a 28000 sq. ft. facility with well over 8000 patients who are seeing life changing results. He along with Dr. Baumgartner formed MedFit and has licensed their model to over 30 clinics around the world.

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