

The NEXT Program

The NEXT program is a community-based group exercise and rehabilitation program for individuals with a neurological injury or condition. It is run out of the Saskatoon Field House Tuesdays and Thursdays with support from physical therapists, a physical therapy assistant, exercise therapists, volunteers, as well as physical therapy students. The program is a collaboration between the Saskatchewan Health Authority, the City of Saskatoon, and the University of Saskatchewan School of Rehabilitation Sciences.

The NEXT program is designed for patients who require specialized equipment and staff trained in neurological rehabilitation and whose needs are not able to be met through other community programs or private therapy services. Specialized equipment includes functional electrical stimulation (FES) cycles, standing frames/devices, body weight support, specialized gait aids and wheelchair accessible weight machines.

Potential clients must be referred to ROSS (Rehabilitation Outpatient Specialized Service) by their health care practitioner for an assessment to ensure that NEXT is the appropriate program for them, and to allow for set up and trial of specialized equipment.