

**SUMMARY:**

Functional rehabilitation which is also referred to as Physical/Medical rehabilitation is a specialized branch of science that incorporates the disciplines of chiropractic, physical therapy and exercise physiology to avail maximum benefit from the program so as to improve the Strength, Flexibility, Stability, Balance as well as neuromuscular coordination that ultimately leads to the improvement of the functional ability of the concerned individual, so as to make an average athlete, a GREAT ATHLETE.