



***American Academy of Health,
Fitness and Rehab Professionals***
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All MES', PRCS', and MEPD's must renew their AAHFRP post rehab certifications every two (2) years. It is our effort to help ensure your certification(s) up to date and you are able to provide the best possible medical exercise services.

All are required to complete the Medical Exercise Foundations (MXF) course. If you completed the Post Rehab Foundations course or you obtained your MES or PRCS certification through the new MEST series you are **exempt** from the MXF requirement. Please review Options 1 and 2 below.

If you have not completed the Post Rehab Foundations and did not obtain your certification through the new MEST series please click here to register for the Medical Exercise Foundations course. The Medical Exercise Foundations workshop is available online. ***If you are, exempt from the MXF requirement use one of the two options below to renew your MES, PRCS or MEPD certification.***

1. Option #1: Complete 10 hours of observation in a sports medicine, physical therapy, chiropractic, rehab, athletic training, massage therapy facility under the supervision of a licensed rehab professional (physical therapist, chiropractor, physician, nurse, massage therapist, athletic trainer, or occupational therapist). Use the MES/PRCS Observation Hours Form to document your hours.

- Copy of your PRCS, MES or MEPD certification.
- Complete the AAHFRP Certification Renewal/Reinstatement Form.
- Complete MES/PRCS Observation Hours Form (this form is completed by the medical professional under whom you are completing the observation hours)

----- **OR** -----

2. Option #2: Complete 10 hours of medical exercise related workshops taught by a licensed medical professional (physical therapist, chiropractor, physician, nurse, massage therapist, athletic trainer, or occupational therapist).

- Copy of your expired PRCS, MES or MEPD certification.
- Complete AAHFRP Certification Renewal/Reinstatement form.
- Copy of all course completion certificates.

Please completing payment for your certification renewal fee of \$50 **or** reinstatement fee of \$100 at <http://postrehab.com/post-rehab-certifications/certification-renewal/> and then send a scanned copy of your completed paperwork to DrMike@postrehab.com. The renewal/reinstatement of your AAHFRP post rehab certification is for a two-year period.

Michael K. Jones, PhD, PT
President

