

Bailey & Galyen Features Personal Trainer Corey Walker on The Legal Hour

Michael Galyen speaks with personal trainer Corey Walker about rebuilding strength after an accident and overcoming concerns about returning to the gym.

DFW, TX, UNITED STATES, September 11, 2026 /EINPresswire.com/ -- [Bailey & Galyen](#) has released a new episode of [The Legal Hour](#) featuring personal trainer Corey Walker in a conversation about fitness, recovery, and rebuilding strength after an accident or injury.

Hosted by Michael Galyen, the episode explores some of the physical challenges people may experience after car accidents and other injuries. Walker, who has worked as a personal trainer for 18 years, discusses how clients can lose strength, mobility, balance, and confidence while recovering and how individualized fitness training can fit into the next stage of recovery after medical treatment and physical therapy.

Walker explains that his role as a trainer is different from the role of a doctor or physical therapist. He stresses that personal training should not replace medical treatment or prescribed physical therapy. Instead, Walker describes his role as helping clients work on strength, mobility, and functional movement after they have completed the physical therapy recommended for them.

The conversation also addresses the hesitation some people feel about returning to exercise after an injury. Walker explains that effective training does not mean immediately lifting heavy weights or performing advanced exercises. He starts with the individual's history, current abilities, prior injuries, and fitness experience before determining an appropriate approach.

"It's picking up the appropriate weight, doing it with the correct form for the reps that you need to do," Walker said. "'Cause there's no competition. We don't need to do what they're doing, we need to do what this person needs to do."

Walker also shares his own experience recovering after a motor vehicle accident. As a bodybuilder accustomed to lifting heavy weights, he describes having to stop his normal training and gradually rebuild through physical therapy, basic movements, and resistance training. He explains that the experience helped him better understand why someone recovering from an injury might feel uncertain about exercising again.

During the episode, Walker discusses functional strength training and the importance of gradually rebuilding balance, mobility, core strength, and endurance. He also describes how a customized program can take into account what bothered a client before and after the accident, whether the person was previously active, and what movements are appropriate at each point in recovery.

Galyen and Walker also discuss the similarities between seeking professional guidance after an accident and asking for help when returning to fitness. Someone who has never worked with an attorney after an accident may not know where to begin, just as someone who has never worked with a personal trainer may feel unsure about entering a gym or beginning a new exercise program.

Throughout the episode, the discussion highlights the separate roles of medical professionals, physical therapists, personal trainers, and attorneys after an accident. Galyen and Walker discuss why people may seek different types of professional guidance as they address medical treatment, rehabilitation, fitness goals, and legal questions.

The Legal Hour is Bailey & Galyen's podcast and video series featuring conversations about legal issues and other topics that affect individuals and families. Hosted by Michael Galyen, the series brings attorneys and other professionals together to share information and perspectives related to issues Bailey & Galyen clients and communities may encounter.

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