



NEWSLETTER

Your #1 Health and Wellness Resource

ARC-REHAB.COM

Find Relief

From Low Back, Hip, and Knee Arthritis

ALSO INSIDE:

- Arthritis And Physical Therapy
- Trivia Challenge • Service Spotlight: Golf Analysis • Staff Spotlight • At-Home Exercise • Upcoming Workshops!



RELIEVING LOW BACK, HIP, AND KNEE ARTHRITIS PAIN



Stay In Touch!

Follow Us on Facebook
@arcWestmontOrland

CLINIC UPDATE

Our team is excited to announce our newest addition to ARC, the MOG. The Medically Oriented Gym is a safe and comfortable place to exercise where guidance is always available. The M.O.G. offers medical fitness programs, personal training, group sessions, and so much more!



If you're constantly facing lower back, hip or knee pain—you might be feeling arthritis. According to the Centers for Disease Control, roughly 54.4 million U.S. adults are diagnosed with some form of arthritis per year. As we age, the cartilage in our joints wears down, causing painful bone on bone rubbing, inflammation, stiffness, and pain.

While there is no cure for replacing cartilage yet, it is possible to alleviate the symptoms of arthritis, by improving your joint movement, muscle strength, balance, and coordination. It's even possible to eliminate symptoms entirely, depending on the amount of arthritis you have. If you have regular aches and pains, keep reading. We have a solution.

What Is Arthritis, Exactly?

Before knowing how to relieve arthritic pain, you'll need to understand it. Arthritis—or the painful stiffness, or inflammation, of joints—isn't a single disease. The term "arthritis" is an informal explanation of joint pain and disease in general.

Over 100 types of arthritis exist, according to the Arthritis Foundation. People of all ages, races and sex can get it. It's also the leading cause of ongoing disability in America. The most prevalent form of arthritis is osteoarthritis, which is caused by either injury or normal wear and tear.

What Causes Lower Back, Hip and Knee Arthritis?

Because arthritis is a catch-all term, pinpointing what causes arthritis may be difficult. In most cases, arthritis is caused by overuse, wear and tear, or injuries.

Arthritis can also be caused by:

- Infections, such as Lyme disease
- An immune system dysfunction - rheumatoid arthritis
- The inheritance of osteoarthritis
- An abnormal metabolism, which leads to gout

For arthritis sufferers, even simply walking can cause pain in the lower back, hip or knee. Often, arthritis is a downward spiral of progress pain, limiting movement and strength, which in turn causes more inactivity and pain.

However, by improving joint movement, muscle strength, balance and coordination, this cycle can be broken, reducing pain and inflammation. **That's where we come in.**

Discover how our team of specialists at ARC Physical Therapy can get you moving pain-free again!



**CALL US
TODAY!**

WESTMONT
(630) 323-8646

ORLAND PARK
(708) 403-8145

ARTHRITIS AND PHYSICAL THERAPY

WESTMONT  ORLAND PARK
(630) 323-8646 (708) 403-8145

Regardless of the cause of arthritis, physical therapy plays a major role in the treatment of arthritis symptoms and should be tried first, before more aggressive procedures such as surgery. While maintaining a healthy weight, exercise and a good diet help, surgical intervention may eventually be needed. However, physical therapy has been shown to be an excellent way to prepare and recover after a total knee or hip replacement.

It is very common for the muscles that support the knee, hip, and low back to become weakened from inactivity. Through targeted easy to do exercises, we help your muscles regain their strength, providing greater support to the joints, and reducing inflammation.

Furthermore, by improving balance and coordination, especially to the knee and hip joints, the abnormal strain on the joints is relieved, and safety is improved to reduce risk of further injury.



If you or a loved one suffers from arthritis, you have options. The first step is to contact one of our therapists today, and ask about ongoing physical therapy treatment to restore mobility, comfort and quality of life. See how we can help your joints feel better and move better! Go online or call us to schedule an appointment today.

SOURCES: <https://www.arthritis.org/about-arthritis/understanding-arthritis/what-is-arthritis.php>; <https://www.arthritis.org/about-arthritis/where-it-hurts/back-pain/causes/back-arthritis.php>; <https://www.arthritis-health.com/blog/7-core-exercises-relieve-back-and-hip-arthritis-pain>; <https://www.arthritis-health.com/blog/4-types-arthritis-cause-sacroiliac-joint-pain>



WESTMONT **ORLAND PARK**
(630) 323-8646 (708) 403-8145

MONTHLY TRIVIA CHALLENGE!

Call us with your answers before the last Friday of the month and be entered into our PRIZE DRAWING!

1. Hg is the chemical symbol of which element?
2. What is Chandler's last name in the sitcom Friends?
3. How many pairs of wings does a bee have?
4. What type of golf clubs are used for long shots from the tee or fairway?
5. Where would you find the Sea of Tranquility?
6. Who was the winner of the 2021 PGA Championship, becoming the oldest major champion in golf history at age 50?

ENTER
AND WIN!

SERVICE SPOTLIGHT Golf Analysis

Are you an avid golfer? If so, you could find great advice for your golf performance from our physical therapists with advanced training through the Titleist Performance Institute (TPI). TPI is the leading organization in golf-specific health, fitness, and swing advice. Certified TPI instructors are able to help golfers overcome any limiting factors they may have by improving their technique.

Throughout TPI history, thousands of golfers have received helpful tips for improvement. Through years of research and data collection, TPI has discovered how an optimally functioning body allows a player to swing

a golf club in the most efficient way possible. TPI has also been able to determine how physical limitations affect golf swings, and accommodations such players can make to enhance their performance and decrease their risk of injury.

If you are searching for the most effective ways to increase your golfing skills, consult with one of our TPI specialists today. You will undergo a comprehensive assessment which includes functional tests aimed at evaluating your strength, flexibility and mobility to identify your body's physical limitations and how they directly correlate to your golf swing. Based on the results, our TPI specialists will recommend targeted exercises that will address the deficits that were identified so you can maximize your physical ability to improve your golf game.



WESTMONT



ORLAND PARK



We Need Your Help!

Would you take a moment to share your 5-star ARC PT experience on our Google Review page? **We make it easy: just scan your ARC location's QR code with the smartphone on your camera, and leave a review.**

Your success story could help improve the lives of others in our community by leading them to Physical Therapy!

MEET OUR STAFF



Greg Grzesiak, MS-PT

Physical Therapist

Gregory Grzesiak, MS-PT has been a licensed PT since 2008. He has spent his entire career working outpatient physical therapy treating orthopedics, chronic pain, and sports injuries. He is a Titleist Performance Institute certified medical professional and enjoys working with golfers of all ages. Gregory attended Governors State University where he earned his Masters of Physical Therapy. He is also an alum of St. Xavier University in Chicago and St. Laurence High School

in Burbank. Outside of the physical therapy Gregory enjoys teaching Thai boxing to children and adults at his martial arts club.

AT-HOME EXERCISE

Try this simple exercise to help relieve knee pain and strengthen the surrounding muscles.

Knee Extension While sitting, tighten your top thigh muscle to press the back of your knee downward towards the ground. Hold position for 10-15 seconds, then gently lower to starting position. Repeat on opposite side.



SHARE THIS WITH A FRIEND OR FAMILY MEMBER TO HELP THEM FIND PAIN RELIEF, TOO!

Exercises copyright of SimpleSet Pro

Join us for a **FREE** In-Person Workshop!

July 14th | 6:00 PM

MANAGING BACK AND OTHER GOLF-RELATED PAIN

Lead by Greg Grzesiak, MS-PT



Visit arc-rehab.com/workshops now to reserve your spot!

Coming in August...

LOW BACK PAIN WORKSHOP

Stay Tuned for Details!



CALL ARC TODAY!

WESTMONT
(630) 323-8646

ORLAND PARK
(708) 403-8145