



NEWSLETTER

Your #1 Health and Wellness Resource

ARC-REHAB.COM

Avoid Surgery

*Following A
Sports Injury*

ALSO INSIDE:

- Don't Let Pain Sideline You
- Trivia Challenge - ENTER AND WIN!
- Staff Spotlight
- At-Home Exercise

HOW YOU CAN AVOID SURGERY AFTER A SPORTS INJURY



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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!



Exercise is an important part of a healthy lifestyle. For many people, playing sports is a fun way to burn extra calories, socialize, and get fit. Unfortunately, this also means the occasional sports injury or a flare up of an old injury or condition.

You don't have to be a professional or even an amateur athlete to suffer a sports injury. In fact, many times, those most susceptible to sports injuries are people who have just started exercising or participate on a recreational level. Sports injuries in this article will be defined as injuries to the musculoskeletal system, including muscles, bones and tissues such as cartilage. The most common sports injuries include:

SPRAINS: A sprain occurs when the connective tissue that joins the end of the bone with another is stretched or torn. Those connective tissues are known as ligaments. Sprains are caused by trauma such as a fall or blow to the body that knocks a joint out of position. Ankles, knees and wrists are most

vulnerable to sprains. However, back, neck and shoulder sprains are very common too.

STRAINS: A strain occurs when a muscle or tendon is pulled, torn or twisted. Strains are non-contact injuries, such as those that occur from overstretching. A common example of a strain is a muscle spasm. A back or neck strain is a very common injury treated in physical therapy.

KNEE INJURIES: According to the U.S. Department of Health and Human Services, the knee is the most commonly injured joint. Orthopedic surgeons see more than 5.5 million people annually for knee injuries, which can include runner's knee (pain or tenderness close to the knee cap at the front side of the knee), tendonitis and iliotibial band syndrome (pain on the outer side of the knee). Severe knee injuries often include bone bruises or damage to the cartilage or ligaments.

SHIN SPLINTS: Shin splints occur when there is pain along the large bone in the front of the lower leg, known as the tibia or shin bone. Shin splints most commonly occur in runners, especially those who are just starting a running program. This is usually due to poor alignment of the body, or weakness in the leg muscles.

The team at ARC PT can treat many orthopedic and repetitive motion injuries without the need for invasive surgeries or medications. In fact, most doctors have their patients try physical therapy first before recommending any other procedures.



**CALL US
TODAY!**

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Our physical therapists can help you heal

The licensed physical therapists and physical therapist assistants at ARC PT can customize a program that addresses the weakness of your particular musculoskeletal system, allowing you to recover quickly and remain active. Even if you have an old injury, it is important to have it evaluated by our physical therapists to prevent long-term damage like arthritis. If you have sports or orthopedic injuries like tendonitis, arthritis, a stress fracture or low back pain, our therapists can design a treatment plan to promote improved function, wellness and minimize the risk of re-injury.



DON'T LET PAIN SIDELINE YOU

There is nothing more exciting than taking on a new challenge, sport or activity. For most of us, the thrill of accomplishing a physical goal is what we live for. However, are you prepared for it? The term “weekend warrior” means a person who doesn't really train for what they are doing; they just go out and do it on the weekend.

How do most injuries occur?

Most sports injuries occur from ill-prepared individuals who just jump into the activity without first increasing their strength, endurance and flexibility. Your muscles, tendons, ligaments and other tissues need to be warmed up to work properly. They take enormous strain during running and sports activities. Therefore, if they are not in top condition, they are more prone to injury.

Injuries increase as you age...

If you think back to when you were in your late teens, you could go into a full sprint no problem, take a flying leap and do a whole lot without the slightest thought about it. As you get older, your tissues become less elastic and in fact a little “drier.” When your muscle, tendon and ligament tissues have enough water, they are supple and stretchy, allowing you to do a lot of activities. Keep yourself hydrated and stretch often to maintain elasticity in your muscles.

Before and after

Knowing the right exercises to prepare for fitness activities is key. Our physical therapy experts have years of experience rehabilitating people after injuries and returning them pain-free to the activities they enjoy. What some people might not know is that physical therapists put specific exercise plans together based on your needs to prevent injury. **If you do start to experience pain with activities, ARC PT can get you back to enjoying your activities pain-free. Call today to learn more how our programs can help you feel great!**

PREPARING YOUR BODY...

It is important to do sports activities, fitness and a host of other physical activities to keep you healthy and happy. With a little bit of preparation, you can easily do these activities and decrease your risk for injury.

DO stretch often

DO strength training

DO coordination training

DO endurance training

MONTHLY TRIVIA CHALLENGE

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

1. What does a funambulist walk on?
2. What is the last letter of the Greek alphabet?
3. The likeness of which president is featured on the U.S. \$2 bill?
4. Which tennis player holds the record (13 wins) for most French Open titles?
5. Who wrote the lyrics to “The Star-Spangled Banner”?
6. To how many characters did Twitter originally restrict tweets?

**ENTER
AND WIN!**



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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.**

ORLAND PARK



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

MEET OUR STAFF



Kristen R Richard
Physical Therapist

Kristen has been a therapist for almost 29 years. She graduated from the University of Evansville in 1992 and received her OCS (Orthopedic Clinical Specialty) in 2005. Her practice focus is on pelvic health, chronic pain and multiple orthopedic dysfunctions. She performs visceral mobilizations, cranial sacral therapy and use of MPS (Microcurrent Point Stimulation). She evaluates the whole body and looks for compensations in movements and gait patterns and works to restore function. Kristen became interested in physical therapy

while in high school. She was an avid athlete and also a student athletic trainer. She loved science and wanted to work with people. Her hobbies outside of work include running, triathlons, and watching her sons play sports.

AT-HOME EXERCISE

Try this simple exercise to warm up before activity and increase leg range of motion.

Standing Calf Stretch Using a chair for support, execute by standing with one foot in front. Slowly lean forward. You should feel a stretch in your back calf. Keep your back knee locked and hold for 5-10 seconds. Repeat 3 times per leg.



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

Exercises copyright of
 SimpleSet Pro



PATIENT SPOTLIGHT

"Everyone was super nice to me and treated me great. Every visit was super comfortable, and I felt no pressure to rush anything. All the exercises were laid out with a timeline to follow. I followed everything exactly as instructed and have returned back from injury without even thinking about my injury anymore. The therapist was a super relatable and an easy person to talk to which made the experience all the more wholesome." – L.C.



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