



# NEWSLETTER

Your #1 Health and Wellness Resource

ARC-REHAB.COM



**YOU CAN  
BECOME  
HEALTHIER,  
STRONGER,  
AND MORE  
ACTIVE**

**ALSO  
INSIDE:**

- 7 Tips You Can Do On Your Own
- Trivia Challenge - ENTER AND WIN!
- Staff Spotlight
- At-Home Exercise

## YOU CAN BECOME HEALTHIER, STRONGER AND MORE ACTIVE



### Stay In Touch!

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### DON'T LET YOUR INSURANCE GO TO WASTE!

If you've met your insurance deductible for 2021, your physical therapy costs could be free!

Do you have a family insurance plan? Have you had surgery this year? Have you used your insurance more than usual? If you answered YES, you are more likely to have a \$0 balance remaining on your out-of-pocket expenses. This means the cost could be minimal or completely covered by your insurance plan. Let us help you get a head start going into 2022, before your deductible renews again!

It is a common aspiration to become healthier, stronger, or more active. However, this can sometimes be a difficult feat, with lack of time, pain, injuries, or difficulty sticking to a nutritious diet. When you are in pain, undesirable chemicals within your body are heightened, which can increase stress. As a result, your endocrine system becomes affected, which works to regulate the hormones in your body. Fortunately, the vast majority of aches and pains can be successfully treated by a licensed physical therapist. At ARC PT, our team is comprised of movement experts who have the knowledge and training to diagnose, evaluate, and treat any musculoskeletal condition that comes their way. To find out more about how our services can help you live a healthier, stronger, and more active life, contact our office today!

#### Your Health And You

The term "health" is all relative. It essentially

means that your body is operating at its highest levels of function in regards to breathing, circulation, digestion, and more. It doesn't necessarily mean that you have to be the most athletic person in the room. Any step you make toward helping your body function at its optimum levels is a step toward becoming a healthier you. Your physical therapist can provide you with exercises, stretches, and nutritional tips that can help increase your health and help you feel physically better overall.

#### Increasing Your Strength And Flexibility

It is no secret that strength and flexibility both play important roles in your health. Did you know that there are approximately 642 skeletal muscles in the human body? Your muscles work hard, not only to help you move, but also to support your circulatory and

breathing systems. When you become stronger and more flexible, you become healthier overall. Our physical therapists can guide you through proper exercises and specialized treatments in order to relieve your joint and muscle pain, increase your strength and flexibility, and improve your overall health.

If you are ready to become healthier, stronger and more active, ARC PT can help. Call today to learn more how our programs can help you feel great!



**CALL US  
TODAY!**

**WESTMONT**  
(630) 323-8646

**ORLAND PARK**  
(708) 403-8145



## 7 TIPS YOU CAN DO ON YOUR OWN TO BECOME HEALTHIER, STRONGER AND MORE ACTIVE

Physical therapy treatments can help improve your health, but they only work if you apply healthy lifestyle choices in your everyday life, as well. Some tips you can do on your own to become healthier, stronger, and more active include:

### 1. Taking Care of Aches and Pains.

Don't let these long-term problems linger. Contact ARC PT for professional help.

### 2. Limiting Your Sitting.

Get up every 30 minutes to walk around at work and home.

### 3. Getting Out and Moving.

Exercise regularly, even if it's just taking a short walk every day.

### 4. Maintaining a Nutritious Diet and Controlling Portion.

Make sure your food intake is nutritious and portioned. By chewing your food thoroughly, you won't feel as if you have to eat as much.

### 5. Drinking More Water.

Water keeps your body systems functioning at an optimum level.

### 6. Breathing!

Work on your deep breathing in order to increase your oxygen intake and get your lymphatic system moving.

### 7. Getting Enough Sleep.

Sleep at least 8 hours a day. It is best to get into a routine where you are going to bed and waking up on a regular cycle. This helps your endocrine system.

### Contact ARC PT Today!

Are you looking for assistance with increasing your health, strength, and physical activity? Our team at ARC PT would love to help you live your highest quality of life. Contact us today to begin your new chapter toward becoming a healthier you!



## SERVICE SPOTLIGHT RUNNING ANALYSIS

As a runner, it is common for injuries to occur. But they don't have to. It is important to make sure you are always being as safe as possible. One way to achieve this is by having a running analysis performed by one of our specially trained physical therapists.

### What Does A Running Analysis Include?

The analysis will start with a review of your medical

history, your running history and personal goals. Then you will undergo a series of functional tests to evaluate your strength, flexibility and balance. The final part is a gait analysis to look at your running form.

Your running specialist will then develop a personalized exercise program to address any deficits that were identified.

### What Should I Do Now?

If you think you will benefit from a running analysis, or would like to learn more, contact Advanced Rehabilitation Clinics (ARC) today.

## MONTHLY TRIVIA CHALLENGE

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

1. When was the first Dollar Coin made?
2. Who developed the cartoon series of Tom and Jerry?
3. Mount Everest is a part of which mountainous range?
4. Who was the first to use the word "Hello" on telephone?
5. How many days are there in a fortnight?
6. When was the Bitcoin launched?

ENTER  
AND WIN!



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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



**Linda F.**  
Physical Therapist

I spent much of my childhood happily engaged in dance and gymnastics until a knee injury in High School sidelined me. With the help of physical therapy and excellent rehabilitation I was able to return to competition. It was at that time I realized this was the career path I wanted to pursue.

I became a physical therapist in 1992 and started specializing in female and male pelvic health in 2003 after realizing how under served this patient population was. It has been my passion ever since and I became a board certified women's clinical specialist in 2012.

I feel my role as a physical therapist is to equip my patients with the tools and skills they need to achieve their goals and improve their quality of life

When not working, I enjoy spending time with my husband and 4 children. We love traveling, outdoor activities and expanding our culinary experiences.

## AT-HOME EXERCISE

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

**Hip Adductor Stretch** *Improve the strength and coordination of your hip muscles. Begin in the side lunge position as shown. Your leg should be out to the side and slightly behind you, both feet flat on the floor. Keeping your back straight, lunge deeper to the side until you feel a stretch along the inside of your leg.*



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

Exercises copyright of  
 SimpleSet Pro

## PATIENT SPOTLIGHT

"I feel lucky to have found ARC and Kathleen Kilburg for pelvic floor physical therapy. The front desk was helpful with all my scheduling and insurance questions. Kathleen was my physical therapist. She was a wealth of knowledge. She provided excellent feedback and plans for improvement. I felt cared for in therapy and supported for growth on my own. I highly recommend Kathleen for any and all pelvic floor needs." - L.C.



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