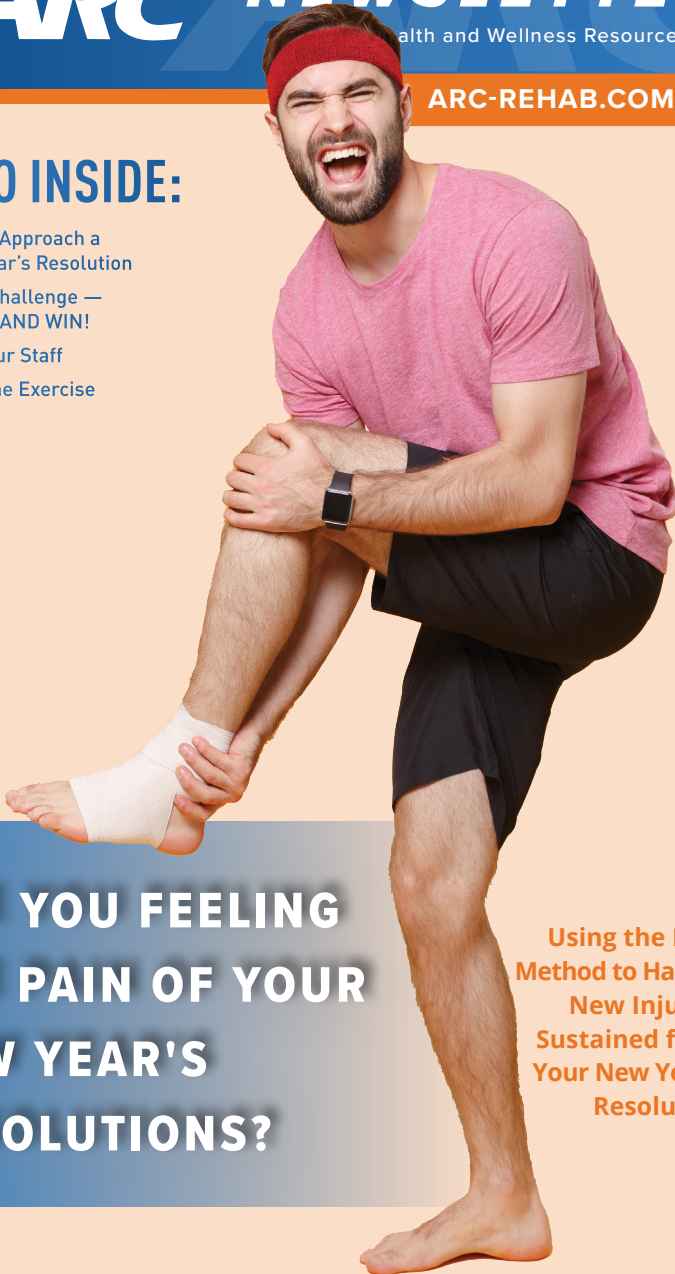


ALSO INSIDE:

- How to Approach a New Year's Resolution
- Trivia Challenge — ENTER AND WIN!
- Meet Our Staff
- At-Home Exercise

**ARE YOU FEELING
THE PAIN OF YOUR
NEW YEAR'S
RESOLUTIONS?**

**Using the RICE
Method to Handle
New Injuries
Sustained from
Your New Year's
Resolution**





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ARE YOU FEELING THE PAIN OF YOUR NEW YEAR'S RESOLUTIONS?

A NEW YEAR MEANS A NEW YOU!

Let ARC Physical Therapy Help You Reach Your Health & Fitness Goals This Year!

Using the RICE Method to Handle New Injuries Sustained from Your New Year's Resolution

A new year usually means new start, new goals, and new good habits, such as better nutrition, exercise, and focusing on overall health and wellness. But with every new exercise routine, there can be challenges and even new aches and pains.

This is actually quite common in the body, especially when we push ourselves to do something that we are not used to doing. When we take on new exercises or routines, or even increase the intensity of exercises that we are already doing, we must give our body enough time to rest and recover, in order to give ourselves time to adjust.

When we do not allocate enough time to adjust to the new activities that we've taken on, it could lead to achy muscles and ligaments, tendon inflammation, pulled muscles, inflamed joints, or sprains and strains throughout the body.

So, what do we do? In order to continue our progress toward accomplishing our new year's resolutions and reaching our goals, it is important to listen to your body. Whether your resolution is to live a healthier life, drop some weight, improve your strength, or just be better physically, it is important to make sure you are always listening

to your body's needs. That's where the RICE method comes in!

Just remember the acronym RICE when pushing toward your resolutions: RICE stands for Rest, Ice, Compression, and Elevation.

Rest: Resting is important for the body! By allowing recovery periods for yourself, your body is able to repair any damaged areas on its own and regain strength for the next round of exercise. If you find yourself achy or painful after a difficult workout, it may be wise to rest for a couple days and let your body relax before continuing. Especially in the beginning taking it slow is key.

Ice: Ice is also a great tool for achy, painful, or inflamed muscles. Ice helps to ease inflammation and can be an integral part of enhancing the healing process of the body. Whenever you are feeling achy, holding an ice pack to the affected area is a good rule of thumb. Ice also helps to ease pain and soothe tender areas of your body.

Compression: Compressing a painful or achy area with some sort of bandage or wrap can also help with both pain relief

and healing. If rest and ice are not working on their own, compression is a smart next step. Compressing the affected area will stop the damage from getting worse as compression immobilizes the area to prevent additional strain or tearing. Compression can also help an injury heal quicker in this way by holding it still and allowing your body to heal on its own. If you are using the compression method, make sure you are also resting and icing the affected area!

Elevation: Compression and elevation typically go hand-in-hand. If you are in need of elevation, it is likely that compressing the affected area will also be wise. Elevation serves a similar purpose as compression in the sense that it stops you from

Continued inside.



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ARE YOU FEELING THE PAIN OF YOUR NEW YEAR'S RESOLUTIONS?

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moving the affected area. Imagine you have a sprained ankle and you're resting on the couch – if your ankle is elevated atop a couple pillows, it is much more difficult for you to move it around and potentially cause more damage. This is the whole point of elevation – to stop you from moving the painful area! Again, much like with compression, if you are elevating a certain part of your body, make sure you are also resting and icing to aid in healing. If you do not ignore your pain and choose to handle it immediately, there is a 95% chance you will address it quickly and find relief using the RICE method.

For those of you that still have pain and want to handle your new injury ASAP so you can get back to accomplishing your resolutions, don't hesitate to call ARC Physical Therapy! Schedule an evaluation in the clinic or online, so can get back to your new year goals without a hiccup.

MONTHLY TRIVIA CHALLENGE

ENTER AND WIN!

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

1. "Auld Lang Syne" is the song most associated with New Year's Eve. Who wrote it?
2. A famous Frank was born in Bayonne, New Jersey, on January 1st, 1938? What's Frank's last name?
3. If you lived in ancient Persia, what gift would you give out on New Year's?
4. In what year since the beginning of the tradition did the New Year's Eve ball did not drop in New York City?
5. Revelers in Spain usually eat something right after the clock hits midnight on New Year's Eve. What is it?
6. When was the first gathering held at Times Square on New Year's Eve?
7. Which nation celebrates the New Year first?

HOW TO APPROACH A NEW YEAR'S RESOLUTION



1. Consider Your Intentions. The most common resolutions are to lose weight, spend less money, and get organized. Those are all valuable and healthy practices. But why are they your intentions? Do you want to feel better about your body? Know that you won't need to worry about money for retirement? Honoring the personal meaning behind an action helps us maintain our resolve.

2. Focus on Process, Not Results. Don't focus on a result, with no identification of a process for how to get there. Intensely focusing on results paradoxically makes us less likely to achieve them. Instead of focusing on "losing 10 pounds," try focusing on going for walks or eating healthy salads for lunch — you will probably end up losing some weight in the process. And you'll probably enjoy the journey a lot more. The focus of our resolution should be the process — the infinite present moments in which transformation will occur — rather than the single instance of its attainment.

3. Consider Resolution Alternatives. If the pressure of New Year's Resolutions is too much, consider a few alternative ways to set your intentions for the upcoming year:

- Make a Vision Board: A vision board compiles images that represent what you want for yourself in the upcoming year. It's a great way to have a visual reminder of your intentions.
- Choose a Word of the Year: Many people have embraced the trend of choosing a word for the year — like breathe, trust, dance, fly — that encapsulates the feelings, attitudes, and behaviors they desire in the year ahead. This word can guide your choices and actions — instead of setting firm expectations for yourself, you can ask if a particular behavior aligns with your word and your intentions.

Ultimately, New Year's Resolutions are about growth and improvement. They are about bringing health and joy and ease into our lives. With mindfulness we can bring awareness to our habits and hold ourselves with compassion and kindness as we seek meaningful transformation.

AT-HOME EXERCISE

Try this simple exercise to help strengthen your core.

Exercises copyright of
 SimbleSet Pro



CURL UP

Lie on back with one leg straight. The other leg is bent with the foot flat on the ground. Position your hands underneath your lower back. Tuck your chin and lift your shoulder blades off the ground slightly. Return to the start position in a controlled manner.



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ARC MEDICALLY ORIENTED GYM: VIRTUAL OPTIONS AVAILABLE!

The M.O.G. is a fitness facility within our Westmont location. We offer a unique experience for those looking to create a long-term lifestyle change where guidance by Alex, our Exercise Physiologist, is always available. The Medical Gym is a great option for those who want safe and effective exercise programming. If you are nervous about a previous injury, crowded gyms, or aches and pains; we have you covered!

Please contact Alex by phone at 630-323-8646 or email her at Abohnstedt@arc-rehab.com with any questions or to sign up.

For our clients from our Orland Park clinic, the medical gym now offers virtual training options:

One in person assessment is required prior to training

ZOOM LIVE TRAINING

One on one virtual sessions done through your computer or phone in the comfort of your home.

TRAINERIZE APP

Already have a gym, but don't know what to do? Weekly individual workouts are uploaded to an app with instant feedback and support from our Exercise Physiologist.

MEET OUR STAFF



Alex Bohnstedt
Exercise Physiologist

Hello everyone! My name is Alex Bohnstedt and I could not be more excited to be a part of the ARC Team. We recently opened a Medical Gym to bridge the gap between fitness and medicine. I am an Illinois State University grad, with a degree in Exercise Science and I am a certified Exercise Physiologist through ACSM. Growing up I was a competitive gymnast, in which I instantly fell in love with the body's ability for movement. Injuries then sparked my interest in corrective exercise and the mental side of physical activity.

Having experience working with neuro, orthopedics, and special populations — I am excited to continue helping individuals find their love for exercise. A healthy mind and body are a window into endless opportunity



PATIENT SPOTLIGHT



"I have had issues with both of my SI Joints for 5 years. I have had years of physical therapy as well as cortisone shots and did not get full relief. The pain was always there. It would get better and then worse. There were many activities I could not do because even the smallest thing would aggravate my SI Joint and send me back into debilitating pain. After just a few sessions with ARC, I started feeling relief. After 6 sessions, the pain was gone! ARC found the root cause of my issues and I have been feeling great! I love their approach and am thrilled with the results. I highly recommend ARC for physical therapy." — C.M.



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COME BACK TO ARC PT!

- Has a pain returned?
- Are you suffering from a new pain?
- Do you want to start 2022 healthier, stronger, and more active?

If you answered yes to any of these questions you need to come back to Heart of Texas Physical Therapy. Call us today!

Call for an appointment today and start your journey to a healthier, happier, pain-free 2022.

CALL ARC TODAY!

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