

ARC-REHAB.COM



“Sarah is an exceptional therapist! I feel 1 million times better than I did when I walked in.” – ES

INSIDE:

- Meet Our Staff
- Trivia Challenge — ENTER AND WIN!
- Fun Summer Recipe



KEEPING UP WITH YOUR PHYSICAL THERAPY THIS SUMMER



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HOW TO KEEP UP WITH YOUR PHYSICAL THERAPY THIS SUMMER

Are you planning a vacation with your family this summer? Are you wondering how to keep up your PT treatments now that you finally feel better? At ARC Physical Therapy, our physical therapists can help by providing you with home exercises that you can do no matter where you travel!

It is well known that patients who adhere to their prescribed exercises are significantly better at achieving their goals and have improved physical function. Non-adherence, on the other hand, increases the risk of re-injury or flare-ups and overall less positive outcomes long term.

Our team believes that providing a home exercise program to fit your needs is part of the solution to non-adherence. We understand that your life situation can make prioritizing exercises and physical therapy home programs difficult. We will work with you to provide the most important exercises and a straightforward program for you to follow so you can enjoy your summer vacations and do what you love!

Request an appointment with one of our specialists and see how we can help you feel better again!

How To Incorporate Home Exercises Into Your Travels

One of the most challenging aspects of traveling is finding time to do all the things you want. Our physical therapists understand how difficult it is to do your home exercises when not attending regular physical therapy visits. We provide our patients with home exercises that take their daily life into account.

Here are a few tips to keep up with your physical therapy:

Use The Hotel Gym: Nowadays, most hotels offer small fitness centers with equipment to keep up with your physical activity and exercises.



Exercise In The Pool: You will often stay at a facility with a pool or access to a pool. Aquatic therapy is a safe and effective way to keep up with your home exercise program. For some people, an outdoor pool will also offer you a boost to your energy levels and get you some much-needed Vitamin D.



Continued inside.



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Water offers easy ways to increase resistance by moving your arms or legs faster. This allows you to safely increase the intensity of your exercises with the benefits of buoyancy supporting your joints.

Increasing your resistance allows you to engage your muscles more thoroughly and help you burn more calories in a shorter amount of time. Aquatic exercise also improves your strength, flexibility, and endurance.

Explore The Town You Are Staying In: Does your schedule leave little time to fit in physical activity?

Walking around the neighborhood or visiting the shops can be an easy way to exercise.



Even adding 30 minutes of physical activity into your busy schedule can make a big difference in helping maintain your function. Try taking a walk during your lunch breaks, or if you have access, take a walk on the boardwalk or beach to enjoy some fresh air too!

Maintain a healthy diet on the go: Dining out spikes during the summer because more people tend to venture out in the summer and dine outside. This can pose some health risks if you are not careful. Often the foods are loaded with calories and/or are highly processed. These types of foods can lead to inflammation, which in turn can exacerbate your painful conditions.



Maintain a healthy diet this summer by making healthy choices when you dine out and balancing dining with exercise. You can also choose the healthy options on the menu and keep the portion sizes under control.

Our team understands that delivering personalized home exercise programs that take your daily lives and travel plans into account is the key to success in maintaining improvements you have made at physical therapy.

Request an appointment at ARC Physical Therapy today

It's essential to keep your health a top priority no matter where you travel or what you do this summer. Keeping track of your progress with your physical therapy exercises is a great way to stay motivated on the go.

If you need guidance regarding your existing physical therapy treatment, or you'd like to begin participating in a regular exercise routine, call ARC Physical Therapy to set up an appointment!

We're here to help you and keep you feeling your best during the summer months, so you can continue to do all the fun things you love!

ENTER
AND WIN!

MONTHLY TRIVIA CHALLENGE

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

1. On July 1st of what year was the first Tour de France bicycle race?
2. Now a retail giant, what store first opened its doors on July 2, 1962?
3. Which two presidents of the U.S. died on July 4, 1826?
4. What now classic Nintendo video game was released on July 9, 1981?
5. What famous rock band performed their first concert at the Marquee Club in London, England, United Kingdom on July 12, 1962?
6. Walt Disney dedicated and opened Disneyland on July 17th of what year?
7. What two comedians staged their first show as a comedy team in Atlantic City on July 25, 1945?
8. What U.S. President signed the National Aeronautics and Space Act into law, creating the National Aeronautics and Space Administration (NASA)?



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EXERCISE OF THE MONTH

This Exercise Helps Strengthen Your Pelvic Floor Muscles.

PELVIC TILT

Sit in a chair with tall, relaxed posture. Slowly and gradually tilt your pelvis muscles forwards then backwards making a small circle with your hips. Keep your core engaged. Repeat 10 times.



Exercise copyright of
TRUSSARDI SimpleSet Pro



Checkout our YouTube channel for more exercise you can do at home. Click on Videos under the Health Tips tab on our website or scan the QR code to visit our YouTube Channel.

The Physical Therapists at ARC can develop an exercise plan designed to help you reach your goals.

Call today for your appointment!

FUN SUMMER RECIPE

APPLE, GOAT CHEESE, AND PECAN PIZZA

INGREDIENTS

- 1lb six-grain pizza crust
- Cooking spray
- 3 cups thinly sliced Fuji apple
- 1 cup crumbled goat cheese
- 2 tsp chopped fresh thyme
- 1 tbsp extra-virgin olive oil
- 2 tsp Dijon mustard
- 1 tsp fresh lemon juice
- 1 1/2 tsp honey
- 2 cups baby arugula
- 3 tsp chopped pecans, toasted



DIRECTIONS

Preheat oven to 450°. Place pizza crust on a baking sheet coated with cooking spray. Arrange apple slices evenly over pizza crust; top with cheese. Sprinkle thyme evenly over cheese. Bake at 450° for 8 minutes or until cheese melts and begins to brown. Combine oil and next 3 ingredients (through honey) in a medium bowl, stirring with a whisk. Add arugula; toss gently to coat. Sprinkle pecans evenly over pizza; top with arugula mixture. Cut pizza into 6 wedges.

CALL US TODAY!



MEET OUR STAFF

Linda F., PT



Linda spent much of her childhood happily engaged in dance and gymnastics until a knee injury in High School sidelined her. With the help of physical therapy and

excellent rehabilitation she was able to return to competition. It was at that time Linda realized this was the career path she wanted to pursue.

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

She feels her role as a physical therapist is to equip her patients with the tools and skills they need to achieve their goals and improve their quality of life.

When not working, Linda enjoy spending time with her husband and 4 children. They love traveling, outdoor activities and expanding their culinary experiences.

COME BACK TO ARC PT!

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

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

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



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