

ARC-REHAB.COM



“My knee is doing much better. I’m finally able to run up and down the stairs! I’m still working out daily.” – T.H.

INSIDE:

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

STAY MOBILE & INDEPENDENT

WITH PHYSICAL THERAPY



NEWSLETTER

Your #1 Health and Wellness Resource

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STAY MOBILE & INDEPENDENT WITH PHYSICAL THERAPY



Do you feel unsteady when you are walking? Have you noticed it's a little harder getting up out of a chair? As we get older, changes to our body are typical, but that doesn't mean we should lose our mobility too. At ARC Physical Therapy, our physical therapists can work with you to make sure you stay mobile, stay safe and stay active!

Mobility limitations increase as we age, and our bodies change differently. Some of us may lose muscle mass and strength. Others may experience joint aches and pains or balance and gait problems. Fortunately, there are things you can do to minimize these losses and even reverse them so you can stay active and safe.

Living with physical restrictions can cause a loss in the sense of independence, which takes a toll on mental and emotional health. If you're experiencing an issue with your mobility or have noticed that many things are difficult for you to do on your own, know that help is available.

At ARC Physical Therapy, our physical therapists are dedicated to helping you maintain as much independence as possible through individualized treatment plans.

How Mobility Can Help You Maintain Your Independence

Mobility is the ability to move and/or walk freely and easily. The ability to move around is essential for functioning well and living independently. Losing your mobility is associated with an increased risk of falling and other severe medical conditions.

As we age, we may experience changes to our mobility that make it difficult to get around like we used to. This, in turn, can make routine everyday tasks more complex and even lead to avoiding doing the activities that make life fulfilling.

Our physical therapy clinic understands that many of our patients live with mobility deficits, and we also know how to help them improve and restore their independence. We address any weaknesses, joint restrictions, and balance or gait limitations through a comprehensive therapy program tailored to your specific needs.

You might be recovering from surgery or still suffering from the lingering pain of an injury. No matter the reason for your limitations, we offer solutions that work. We will work with you to relieve your aches and pains and reach your peak level of physical health.

Our skilled team of therapists provides one-on-one treatment for each patient and will work with you to improve your range of motion, strength, balancing abilities, and gait through several different treatment techniques.

Continued inside.



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STAY MOBILE & INDEPENDENT WITH PHYSICAL THERAPY

Continued from previous page.

What To Expect During Your Visits At ARC Physical Therapy

Rehabilitation should start as soon as you notice any changes to your mobility to ensure the fastest recovery possible. Our physical therapists are movement specialists. We will conduct a thorough evaluation to determine the severity of your restrictions and identify any other limitations that may affect your recovery, stability, and strength.

Next, your therapist will create a targeted, individualized care plan to promote accelerated recovery and future injury prevention. We will start with pain management and restoring mobility to any injured area(s).

Next, we will focus on progressing your strength and dynamic stability exercises designed to restore function and prevent future mobility deficits. We will also incorporate balance and coordination exercises to stimulate the nervous system and help you get back to normal activities and avoid an injury.



Physical therapy will provide the foundation for a safe return to your typical everyday tasks while reducing future mobility limitations!

Request An Appointment To Get Started Today!

No matter your day-to-day activities, you deserve to enjoy them feeling safe, stable, and secure in your abilities. Let the skilled team at ARC Physical Therapy assess your condition and physical goals so that we can provide you with the best care possible using the most successful treatment techniques available.

Request an appointment at our physical therapy clinic today and let us help you regain your independence!

I love their approach and am thrilled with the results.

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. -Colleen M.

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. What famous Jazz trumpet player was born on August 4, 1901 in New Orleans?
2. President Lyndon B. Johnson signed what historic act into law on August 6, 1965?
3. What pioneering film producer of over 70 major films including Cleopatra, The Ten Commandments, and The Greatest Show on Earth was born on August 12, 1881?
4. What event began in a field near Yasgur's Farm at Bethel, NY on August 15, 1969?
5. What did the three Americans; Max Anderson, Ben Abruzzo, and Larry Newman, all from Albuquerque, New Mexico, accomplish after 137 hours on August 17, 1978?
6. What major historic event happened on August 24, 79 A.D.?
7. What was the name of the Polish trade union founded on August 31, 1980 which was led by Lech Walesa?
8. Born as Agnes Gonxha Bojaxhiu in Skopje, Yugoslavia on August 27, 1910, this missionary of Charity was better known by what name?



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EXERCISE OF THE MONTH

This Exercise Helps Strengthen Your Core and Stretch Back Muscles.

SWAN DIVE

Lay on stomach with your arms overhead. Press your chest upwards, keeping the muscles in your trunk and legs relaxed. Repeat 6 times.



Exercises copyright of 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 GRILLED PEACHES

INGREDIENTS

- 4 medium ripe peaches, halved, pit removed
- 1 teaspoon vegetable oil
- 1/2 cup ricotta
- 1/2 cup California walnuts
- 1/4 cup honey
- 4 fresh mint sprigs

DIRECTIONS

Preheat oven to 350°F. Place walnuts (for marinade and salsa) on a baking sheet. Toast walnuts for 5 minutes. Remove from oven. Roughly chop when cool. Preheat grill to medium high heat. Clean and lightly oil your grill. Brush each peach half with oil (or spray with cooking spray) on both sides. Grill peaches cut down for 4-5 minutes until grill marks form. Flip with tongs and grill another 1-2 minutes until peaches are slightly tender. Remove peaches from grill and place on a large plate. To serve, place two peach halves on a plate or in a small bowl. Top each half with ricotta and chopped toasted walnuts. Drizzle with honey and garnish with mint. Serve warm.



CALL US TODAY!



MEET OUR STAFF

Greg Grzesiak, MS-PT Physical Therapist

Gregory 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.

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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