



INSIDE:

- Meet Our Staff
- Trivia Challenge — ENTER AND WIN!
- Hummus & Pita Plate


GET YOUR HEALTH BACK ON TRACK

WITH PHYSICAL THERAPY



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GET YOUR HEALTH BACK ON TRACK WITH PHYSICAL THERAPY

Have you struggled with pain? Are you dealing with an injury affecting your ability to do your usual routine? Our highly skilled physical therapists can guide you back to health and back to doing what you love!

Whether you have recently had surgery or are recovering from a new injury, physical therapy at ARC Physical Therapy can help.

October is National Physical Therapy Month. ARC Physical Therapy wants to make sure that you have a reliable source to help you resolve whatever physical condition you face. Our physical therapists are highly trained and experienced at treating musculoskeletal disorders. We understand how important it is to get to the root of the problem and provide solutions that work.

Our team of physical therapists is devoted to helping our patients recover from injuries and pain that are interfering with everyday activities and making life way harder than it should be.

Why Should I Choose Physical Therapy?

There are several reasons to choose physical therapy over costly surgeries and medications. Physical therapy has been shown to not only help resolve pain and improve function, but it is also effective at enhancing your overall health and well-being.

One of the most significant benefits of physical therapy is that it can uncover the underlying reasons for your injuries and/or pain. Some of the impairments your physical therapist can help you correct include:

- Loss of motion
- Gait abnormalities
- Neurological impairment
- Poor posture and faulty movement patterns
- Unhealthy lifestyle behaviors (i.e., poor sleep habits, improper nutrition, lack of exercise, etc.).
- Weakness
- Loss of balance
- Coordination deficits

Benefits Of Physical Therapy

A physical therapist can educate you about ways to move safer ways that use your energy more efficiently, reduce the risk of re-injury and enhance the overall effects of your care. The benefits of physical therapy treatments include easing pain, reducing spasms, increasing circulation, and promoting healing.

Physical therapy can help improve your joint range of motion and overall mobility: Our ability to move depends on how individual joints move and how the body's joints move in concert with one another. Increasing joint range of motion and mobility of the connective tissues around your joints (including the tendons, muscles, fascia, and joint capsules) will help your joints feel better and move better.

Continued inside.



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STAY MOBILE & INDEPENDENT WITH PHYSICAL THERAPY

Continued from previous page.



This will also help you improve your overall functional mobility and activity tolerance, essential for work, leisure, and simple daily function.

Physical therapy can help strengthen weaknesses and compensation patterns: Through injury or surgery, muscles become weak and impact your ability to move and function normally.

For some, an old injury or abnormal movement pattern has led to weakness due to compensations. Physical therapists are skilled at assessing the whole body, identifying weakness, and teaching how to restore strength and function.

Physical therapy can improve your overall health and well-being: When you see a physical therapist for pain and/or injuries, you will receive the benefits of rehabilitation to resolve the condition and a total body approach to health.

Physical therapists can recommend nutrition to improve pain, reduce inflammation, and improve overall health. In addition, physical therapists are movement experts and trained to help you move/exercise more, no matter your limitations or restrictions. More activity equals improved health!

Physical therapy can help you reduce the risk of injury: By implementing a holistic approach, we can improve and restore your function and prevent injuries. This may include all components of typical physical therapy and include gait modifications and coordination exercises to stimulate the nervous system and help ensure your mechanics are ideal to avoid an injury.

Call Us Today To Request An Appointment

The mission of our physical therapy clinic is to use compassion, encouragement, and motivation in the treatment of our patients and clients. We provide outstanding and personalized skills as movement and rehabilitation physical therapists through exceedingly high customer service and results!

Our goal is to positively impact people's lives and improve their quality of life. Your therapy will be centered around helping you get back to doing the things you love without pain. We understand that no two pain conditions are alike, and no two treatment plans should be either.

Contact ARC Physical Therapy to learn more about National Physical Therapy Month and the benefits of physical therapy.

If you're struggling with a painful condition or experiencing a physical limitation, our therapists will work with you to ensure your success!

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. Which two French aviators made the first non-stop flight from Europe to the USA on September 2, 1930?
2. In September of what year did Henry Hudson discover the island of Manhattan?
Answer: 1609
3. On September 8 of what year did a hurricane with winds of 120 mph strike Galveston, Texas, killing over 8,000 persons, making it the worst natural disaster in U.S. history?
4. This creator of Tarzan of the Apes was born in Chicago on Sept. 1, 1875?
5. Which US president, born in 1857, was the only president to also serve as Chief Justice of the US Supreme Court?
6. What company was founded by entrepreneur William Crapo "Billy" Durant in Flint, Michigan on September 16, 1908?
7. What was the name of the ship, bound for America, that departed from England on September 16, 1620?
8. On September 19, 1893, which country became the first to grant women the right to vote?



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EXERCISE OF THE MONTH

This exercise helps relieve sacroiliac discomfort.

SACRAL STRETCH

Squat deep. Keep your knees behind your toes. Use your elbows to push knees wide.



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!

MAKE LUNCH SPECIAL WITH THIS HEALTHY SANDWICH ALTERNATIVE!



HUMMUS & PITA PLATE

The lunchtime sandwich may be the standard option for a school lunch, but let's face it: slapping the same smears onto bread — day after day, week after week — can leave kids and parents a little bored. Here's our suggestion for a healthy nut-free, sandwich-free lunch!

Nine out of 10 kids love a good hummus — why not make it the star of the show?

Pack with things like: Salami, hard boiled eggs, olives, carrots, baby tomatoes, apple slices and grapes (note that dipping is easier and less messy if you pack the hummus in a separate container). Whatever your child loves will work!

CALL US TODAY!



MEET OUR STAFF



Katrina Physical Therapist

Katrina graduated from Rosalind Franklin University in 2018 with an interest in sexual health and function. Since graduating, she continued to expand her knowledge base by taking multiple continuing education courses through Herman and Wallace, the Institute of Physical Art and Medbridge. One of her professional goals is to achieve a specialization in pelvic floor physical therapy for all genders and to assist her in this pursuit, she will be taking as many additional continuing education courses as she can. In addition to treating patients with pelvic floor issues, Katrina has experience treating patients with vertigo, TMJ dysfunction as well as general orthopedic problems. Katrina prides herself in developing a strong connection with her patients and she utilizes a hands-on, holistic treatment approach.

Outside of the clinic, Katrina enjoys spending time in nature or with friends playing board games as well as taking care of her two ferrets.

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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