



# NEWSLETTER

Your #1 Health and Wellness Resource

[ARC-REHAB.COM](http://ARC-REHAB.COM)

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ENTER AND WIN!
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Mushrooms



TELL YOUR ACHES AND PAINS TO  
**TAKE A HIKE!**



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## TELL YOUR ACHES AND PAINS TO **TAKE A HIKE!**

With fall weather just around the corner, many people will be finding themselves venturing out and taking advantage of the cooling fresh air. A common excursion that people enjoy doing in the fall is taking hikes. This is a great form of exercise that contains several benefits, such as endurance training, core exercise, and strengthening of the leg muscles. However, hiking can also have some downsides if you are not careful. Some people may find themselves walking away from the trail with aches and pains they may not have anticipated beforehand. Because of this, it is important to be prepared beforehand so you can avoid any unnecessary injuries – and tell those aches and pains to take a hike!

### **What Are Some Of The Most Common Hiking Injuries?**

Even for the most experienced hiker, pain and injury can still occur. Some of the most common hiking injuries include:

#### **Twisted Ankle**

This is perhaps the most common injury that hikers experience. Hiking terrain is uneven and can sometimes contain hidden obstacles or slippery surfaces. We've all seen it before: you're on the trail, taking in the scenery, when suddenly... you slip on an unsteady rock. This can leave someone hindered for the rest of the trail, not to mention how it will pose an unfortunate and possibly painful recovery period ahead. Twisted ankles can be avoided by wearing appropriate hiking boots with ankle protection, as well as carrying a hiking stick or

some other form of stabilizing equipment with you along the trail. If you do twist your ankle, make sure to follow the R.I.C.E method afterwards — rest, ice, compression, and elevation. If pain persists, make sure you contact a physical therapist as soon as possible to relieve pain and prevent further damage.

#### **Muscle Cramping**

Muscle cramps can be limiting and even debilitating during a hike. Nothing can leave a hiker feeling more defeated quite like feeling a leg cramp with every step they take up the mountain. Cramping is often caused by dehydration, and can be avoided by keeping a water bottle with you during the hike and making sure you drink a large amount (if not all) of it throughout your journey. However, cramping can also be caused by tight muscles that are not used to the physical activity you are putting them through, especially for new hikers. Stretching before you hike, specifically in your ankles, calves, and thighs, can help avoid any pesky cramps that may leave you hindered.

*Continued inside.*



**CALL US TODAY!**

**WESTMONT**  
(630) 323-8646

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



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### Scrapes and Abrasions

Many hiking trails contain thorny bushes, branches, or twigs that you may have to maneuver through. Some are so subtle that you may not even notice it right away, but they can scrape up your arms and legs pretty badly if you are not careful. Wearing long pants and sleeves can make a huge difference in protecting your body against scrapes and abrasions, but they may not always provide full coverage or complete protection. If you do find yourself sustaining a cut while you're on the trail, make sure to apply an antibiotic lotion and band-aid to the affected area as soon as you get home, after washing it thoroughly. Keep an eye on it for a few days, and if it doesn't seem to get any better, contact your primary physician as soon as possible to make sure it is not infected.

### Contact ARC Physical Therapy For Relief!

While preventative measures greatly decrease your risk of feeling pain or sustaining an injury, sometimes accidents happen and you may still end up with some discomfort.

**If you find yourself feeling persistent pain after your hike, contact ARC Physical Therapy to find some relief. We'll help you get back on the trail in no time!**

A Reminder To...

**USE IT  
OR  
LOSE IT**



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 2023, before your deductible renews again! **GO ONLINE OR CALL TODAY TO SCHEDULE YOUR APPOINTMENT!**

*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 was the name of the first "talkie" or full-length feature film using spoken dialogue, starring Al Jolson which opened in New York on October 6, 1927?
2. What famous musician was born in Liverpool, England on October 9, 1940?
3. The cornerstone of what building, designed by James Hoban, was laid by George Washington on October 13, 1792?
4. What U.S. President was shot by a fanatic while campaigning in Milwaukee but was saved by his thick overcoat, a glasses case and a folded speech in his breast pocket, all of which slowed the bullet?
5. On what date did the Great Fire of Chicago erupt killing over 300 people and leaving 90,000 people homeless?
6. Who was sworn in as the first African American associate to the U.S. Supreme Court on October 2, 1967?
7. Who became the youngest recipient of the Nobel Peace Prize on October 14, 1964?
8. What song did the British Army band play when they surrendered to the Americans at Yorktown on October 19, 1781?



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## EXERCISE OF THE MONTH

### SIDE PLANKS WITH HIP ABDUCTION

Begin lying on your side with your elbow under your shoulder. Engage your core and lift your hips and knees off the ground. Once in the side plank, lift your top leg toward the ceiling. Slowly lower your leg back down. Hold for 30 seconds and repeat.



Check out 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!

## HEALTHY RECIPE

### SPINACH STUFFED MUSHROOMS



#### Ingredients

- 20 medium mushrooms
- 1/4 cup chopped shallots, scallions or onion
- 2 cloves garlic, chopped
- 1 tbsp balsamic vinegar
- 1/2 tsp soy sauce
- 2 cups chopped fresh spinach
- 1/2 cup Plain Oikos Organic Greek Yogurt
- Salt & pepper to taste

**Directions:** Wash the mushrooms and carefully remove the stems without breaking the caps. Finely chop the stems. Combine the shallots, garlic and vinegar in a small skillet or saucepan and cook for 1 to 2 minutes. Add the chopped mushroom stems and soy sauce and cook, stirring occasionally, for 3 to 5 minutes, until the mushrooms soften and release their juices. Add the spinach and cook, continuing to stir, until it is wilted and the liquid in the pan is absorbed. Remove from the heat and let cool for a few minutes, then stir in the yogurt. Season with salt and pepper to taste. Preheat the oven to 350°F. Stuff the spinach filling into the mushroom caps. Place the mushrooms in a baking pan and bake for 20 minutes, until tender. Remove from the oven and let sit for a few minutes for the filling to set before serving. Yields 20 mushrooms.

**CALL US TODAY!**



## MEET OUR STAFF

**Shannon Ebert**  
Billing Manager

Shannon has been with ARC for over 20 years. She has enjoyed seeing the practice grow and to be a part of it. Shannon feels lucky to be employed by a company that truly cares for their patients' treatment and their overall wellbeing. She has very much enjoyed the interaction with the patients and says "It is a beautiful thing to witness a patient begin to feel better after beginning treatment."

Family is very important to Shannon. She enjoys spending time with her 3 children, her husband, and their fur babies. She is most in her element when she is outdoors, whether it be camping, hiking, or going for a bike ride.

## 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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