



We take pride in providing the highest quality of patient care and superior customer service

We are dedicated in helping our patients return to the quality of life they desire

Be Healthy - Stay Well
Earl & Geoff

~ Optimizing Human Movement for the Purpose of Healing and Health ~



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RMS Physical Therapy
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Therapists

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Wellness / Training Programs AND Preventative Exercise Programs

Core Strengthening Classes

AlterG Anti-Gravity Treadmill

Free Injury Screening

Self-Pay Rates Available

Most Major Insurances Accepted

To receive the Free RMS Physical

[Click here to watch the Video Newsletter](#)

Core Strengthening Classes @ RMS Physical Therapy

Core Strength

Core strength is essential for sports, posture and mobility. The core is a collection of muscles, from movers to stabilizers that support the spine, provides protection for the organs, and is beneficial at all ages of life. Whether you are an athlete or someone who has had back pain in the past, core strength can take you to the next level and prevent injury.

In this 1 hour class, you'll explore the depths of the core muscles by strengthening in various aspects. There will be 2 levels available, for beginners and advance, putting your core strength to the test. Equipment will be provided, comfortable/athletic clothing is recommended, Having Fun is Encouraged! Class size varies from 3-10 maximum.

Call us at (847) 895-2910 to sign up for a class ~ \$10/person

The AlterG Anti-Gravity Treadmill @ RMS Physical Therapy

The AlterG Anti-Gravity Treadmill

What is the AlterG Anti-Gravity Treadmill?

The AlterG Anti-Gravity Treadmill, in most aspects, looks and works like a regular treadmill. It was developed with NASA technology to simulate the feeling of weightless walking or running. The AlterG is created with an advanced air pressure regulation system creating a lifting force, which allows you to reduce your weight by 20, 30, 50 percent, more or less depending on your need, without altering your natural body movement. The AlterG enables individuals who have been weakened or impaired by illness or injury to improve mobility and health, recover from injury & surgery more effectively and overcome medical challenges that limit movement. (www.alter-g.com)

How Does it Work?

The Anti-Gravity Treadmill creates a lifting force that allows for ultra-low impact. Once fitted on the machine, the belt starts moving and you can adjust the speed & incline, as on a regular treadmill. Patients can run & walk without bearing their entire weight, reducing the impact on the body. Its Differential Air Pressure (DAP) technology applies a lifting force to the body, reducing weight on the lower extremities and allows precise unweighting up to 80% of a person's body weight. People can find where the pain stops and natural movement feels good allowing ease & comfort while walking or running, reducing impact on their joints.

For Rehabilitation:

- Lower body injury & surgery rehabilitation
- Rehab after total joint replacement
- Neurologic retraining
- Gait training in neurologic patients
- Strengthening & conditioning in older patients
- Aerobic conditioning
- Weight control & reduction
- Sport specific conditioning programs
- Stress related injury
- For Athletes
- For Trainers
- For Performance Enhancement

To experience the AlterG difference for yourself, please contact us at (847) 895-2910 for more information and to schedule an appointment.

Therapy Newsletter and Free E-Book on "The Secrets of Good Posture" ~ Simply go to www.RMSPT.com and sign up. If you are in the clinic, just ask our staff. Feel free to share the Newsletter with Family & Friends. They are welcome to sign up to receive the Newsletter & E-Books too.

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[10 Best Health Tips](#)

Concussion Prevention in Children

If your child participates in sports, there may be a cause for concern as it pertains to head injuries and concussions. Concussions can happen at any time, especially if your child is involved in a high impact sport like ice hockey. A groundbreaking study on Canadian junior ice hockey published in the November 2010 edition of *Neurosurgical Focus* uncovers alarming head injury/concussion data and trends that raise many questions about the safety and well-being of teenagers and young adults who participate in this popular sport.



So what is a concussion?

Basically, a concussion occurs when trauma to the head and neck causes a vigorous, unnatural impact to the brain. In most cases, the side-effects of a concussion are short-lived and appear as a headache. However, in some situations, a concussion may result in impaired brain function.

So how do you prevent a concussion?

Besides wearing a helmet, it's crucial for children to learn neck-strengthening exercises. The strength and stability of the muscles of the neck and trunk will help minimize the impact of injuries and the likelihood of concussions in high impact sports like football and hockey.

For children (and young adults) participating in sports, an evaluation from a licensed physical therapist can help determine potential areas of weakness and instability. Information from the evaluation will help your physical therapist design a neck-strengthening program that can help avoid serious injury and possible concussions due to weak neck muscles.

Is it Really Possible?



It's almost impossible to prevent concussions, but it is possible to reduce their risk. One of the easiest and most effective ways to reduce the risk of a concussion is to wear a protective helmet. Even if a sport does not require the use of a helmet, we strongly suggest that you encourage your child to use one anyway.

The earlier you can instill this habit, the better. Teach them that a helmet is not an option but a necessity. If children begin wearing helmets at an early age, they will be more likely to use them as they grow older instead of thinking that a helmet is not 'cool' enough.

The first rule for your child's safety should be: "If you want to play, you need to wear a helmet."

Physical Therapy For Concussions

What is the damage caused by a concussion?

Concussions can be detected years after they occur in MRI scans as 'white spots'. The meaning of these spots is often debated, along with the long-term impact of a concussion.

Regardless of the severity of concussions, you want to minimize them as much as possible. Concussions have been known to cause temporary visual impairment, speech impairment, balance issues, memory loss and other problems. How long these effects last depends upon the severity of the concussion and the time between when the concussion occurred and when it was treated.



Physical therapy can help

Your physical therapist can work closely with other health professionals responsible for your child's safety. The therapist can help your child by creating a structured, personalized neck strengthening and core strengthening program. This will minimize the risk of concussions. If your child works closely with a coach, a trainer and a physical therapist, he or she will be able to handle the physical stress associated with the sport.

When it comes to the head and neck region, an ounce of prevention is certainly worth (more than) a pound of cure. Give our office a call and set up an appointment to discuss how we can help your young athlete be safe and injury free.