



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  
earlguntherjr@rmsphysicaltherapy.com  
/ geoffgentry@rmsphysicaltherapy.com  
www.RMSPT.com

### Therapists

Earl Gunther Jr., PT - Owner  
Geoff Gentry, PT, OCS - Owner  
Phillip Gonzalez, PT, MPT

### Clinic Locations:

#### RMS Physical Therapy

1423 B West Schaumburg Road  
Schaumburg, IL 60194  
Phone: (847) 895-2910  
Fax: (847) 895-2911

#### Harvard Physical Therapy

100 Admiral Drive  
Suite B  
Harvard, IL 60033  
Phone: (815) 943-0191  
Fax: (815) 943-0196

### 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](http://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.



