



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

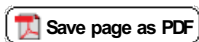
Earl & Geoff

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



Monday, 03 October 2011

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RMS Physical Therapy

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Wellness / Training Programs @ RMS Physical Therapy

AlterG Anti-Gravity Treadmill

Preventative Exercise Programs

Free Injury Screening

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Introducing the AlterG Anti-Gravity Treadmill @ RMS Physical Therapy

RMS Physical Therapy

Installs 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

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- 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 for more information and to schedule an appointment (847) 895-2910.

5 Neurological Reasons For Muscle Weakness

What would you say if you found out there were legitimate reasons why your exercise program was failing to give you the results you desired?

There are **five nervous system related issues** that could be hindering your muscle strengthening and injury prevention efforts.

The brain communicates with every part of your body via nerves. This includes muscles, joints and various aspects of your skin. These nerves run to/from the brain, go down the spinal cord, and then branch off to each and every part of the body. If anything along this path is disrupted, the nervous system communication with the muscles, joints and skin is compromised. This means your muscles will not contract as efficiently as possible!

Here are 5 nervous system related issues that could be preventing YOU from activating the optimum number of muscle fibers each time you exercise:

1. **Reduced sensitivity of joint receptors.** This can impair feedback from the "end-point"(muscles) to the brain.
2. **Muscles imbalances.** This can result in POOR movement patterns.
3. **Insufficient rest periods.** Not resting enough (or resting too much) between sets can adversely affect recovery.
4. **Poor coordination due to a lack of balance.** This results in further muscle imbalances.
5. **Impaired circulation.** Nerves have their own circulation too. If this circulation becomes limited, the communication between muscles and nerves is negatively impacted.



Mind Over Muscle - Get Your Control Back!

The nervous system controls all the muscles of the body. Unfortunately, the mind-muscle link tends to weaken over a period of time unless you challenge your muscles on a consistent basis.

Here are 5 solutions to regain control of your muscles:

- Nurture the right mindset for exercise. Don't set yourself up for failure. The right amount of concentration helps optimize the results from your exercise routine.
- Move in functional directions. This means multi-dimensional, or 3-D movements. Remember to mix it up!
- Improve coordination by challenging yourself with new exercises. Every new exercise or movement pattern demands new pathways of "communication" between nerves and muscles. The greater the variety, the better it is for your muscles.
- Challenge your balance with core stabilization techniques. Ask your physical therapist to teach you the best exercises to improve your core stability.
- Optimize your rest period between exercises. The right amount of rest between exercises can help optimize muscle recovery. To determine the correct amount of rest in your therapeutic exercise regimen, give us a call.



Interval Training Can Boost Muscle Activation



What is interval training?

Interval training is a type of exercise training in which you alternate between various intensities of exercise in a single session; switching back and forth between a high intensity phase and a low intensity phase.

An example of this is an exercise session in which an intense phase of exercise like weight training is alternated with a period of walking on the treadmill.

The idea is to challenge muscles in an unpredictable manner and keep the body "guessing" about what's coming next.

Mixing up different components of your exercise routine (intensity, duration, frequency and type of

muscles recruited) boosts the mind-muscle connection.

To find out more about how physical therapy can help you reach your goals, increase strength and reduce pain, get in touch with one of our highly qualified physical therapists.

Get the most out of your therapeutic exercise program. We're here to help you become stronger. Schedule an appointment by calling our office today. **We look forward to helping you enhance the mind-muscle connection.**

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