



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

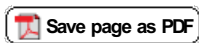
Be Healthy - Stay Well
Earl & Geoff

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



Monday, 21 November 2011

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RMS Physical Therapy

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Therapists

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

Clinic Locations:

RMS Physical Therapy

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Fax: (847) 895-2911

Harvard Physical Therapy

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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](#)



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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.

Please call us at (847) 895-2910 to sign up for a class. \$15/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?

To receive the Free RMS Physical 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.

[Download our Free E-Book](#)

[10 Best Health Tips](#)

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

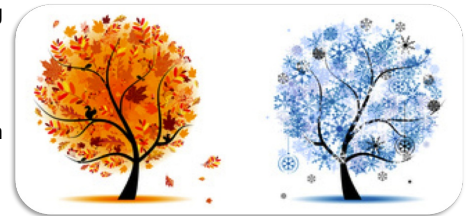
To experience the AlterG difference for yourself, please contact us at (847) 895-2910 for more information and to schedule an appointment.

Tips To Avoid Injury During Fall and Winter Activities

With fall and winter come the seasonal chores we're all accustomed to; however, there is also an increase in the number of injuries associated with raking and shoveling as the weather changes. The good news is that most of these injuries are easily preventable.

These tips will help you remain injury free during fall and winter:

- When lifting, lift with your legs and not your back.
- When raking, you want to pull the rake in with the power of your legs instead of bending and straining your back.
- Never bend and twist at the same time. This is a common cause of injury.
- Don't bend while lifting. Instead of bending at the back to lift up bags of leaves, snow or other heavy objects, bend your legs and then straighten them to lift, keeping the weight as close to your center of gravity as possible.
- Remember to stretch your spine from time to time. Avoid staying in the same position for too long.
- If you live in an area that requires snow shoveling, make sure to warm up and stretch before you engage in vigorous activity in the cold.



Winter Arrives - Injuries Increase



Some of the most popular winter activities such as snowboarding, sledding, skating, and skiing are performed in harsh weather conditions. These harsh conditions are associated with an increase in the incidence of injuries.

If you are going to participate in such activities, please take the time to research your surroundings and arrange for protective gear for yourself and your family.

Helmets should always be worn when playing hockey, skiing, ice skating, sledding, and snowboarding. As always, don't forget the importance of a warm up and cool down. If you are a beginner, don't venture out without a coach or an instructor who can supervise you and teach you how to be responsible for your own safety.

Time For a Safe and Injury Free Fall Cleanup



Believe it or not, something as simple as raking leaves can cause intense neck and back pain. Please remember to ease yourself into fall activities to minimize your risk of injury.

Most fall and winter cleanup activities involve a lot of bending and twisting at the spine, which is unnecessary. It's best to contact us right away, so you can:

- 1) Get a 'body tune-up'. Your physical therapist can help you with a complete evaluation to diagnose and identify any muscle imbalances that could predispose you to injury as we head closer to the holiday season.
- 2) Learn the best way to warm up and stretch before any activity.
- 3) Learn the correct lifting technique (something we can teach you)

4) Strengthen the muscles in your core.

We look forward to working with you and getting your body ready for the fall and winter. We want you to enjoy a safe and healthy holiday season coming up, and the best way to start preparing for it is with a preventive exercise program that we can design specifically for you.

We will only help prevent an injury but also help you look and feel your best during the holidays!

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