



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

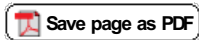
Be Healthy - Stay Well
Earl & Geoff

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



Monday, 07 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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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.

Pelvic Floor Strengthening 101

Have you heard of the pelvic floor?

The pelvic floor includes a group of muscles and ligaments that form a "floor like" structure that supports key organs. These include the bladder and bowels (and uterus for women).

A strong pelvic floor is important for preventing issues like **urinary incontinence for men and women** (the involuntary loss of control of urine) and **pelvic organ prolapse**.

Pelvic organ prolapse occurs when the muscles and tissues supporting the organs (i.e. the pelvic floor) weaken. This can be caused by various issues including childbirth, aging, chronic cough, hormonal changes such as menopause, excessive straining due to constipation, constant lifting of heavy objects, obesity and pregnancy.



How To Strengthen Your Pelvic Floor Muscles

All men and women should regularly exercise the pelvic floor muscles. It is highly recommended that women do pelvic floor exercises daily to prevent weakness and, if needed, to improve the strength of the pelvic floor muscles.

As with any muscle, consistently performing the right exercises always helps. Gentle exercises (like walking regularly) can also help strengthen the pelvic floor muscles.

Identifying and Engaging The Right Muscles

Step one = Identify the right muscles

In order to identify where your pelvic floor muscles are, you want to tighten your muscles in that area. Identifying the muscles correctly is the first step towards muscle engagement and increased control.

Step two = Learn to engage (contract) the pelvic floor muscles properly

Contracting the muscles is not difficult, but you want to be sure you are doing it correctly.

Begin by contracting the muscle upward and inward. The best way to think about this is - imagine you are going to the bathroom. You want to stop yourself midway (or midstream) by actively contracting your pelvic floor muscles.

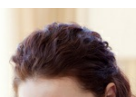
Step three = Pace yourself

You need to train your pelvic floor muscles just as you would any other muscle group, through repetition.

If you have any questions, please get in touch with one of our skilled physical therapists and we will be happy to steer you in the right direction.



Kegels For Pelvic Pain



Anyone who's ever experienced pelvic pain or pelvic organ prolapse will tell you it's a frustrating and painful ordeal.

If you or a loved one suspect pelvic floor dysfunction, call your doctor for



an immediate check-up.

If your doctor recommends "shaping up" of the pelvic floor muscles, you might want to consider "Kegel Exercises" (most women have heard of Kegels).

Experts agree that Kegel exercises are the most effective way to tone and strengthen the pelvic floor muscles. According to several studies, women after the age of 35 lose approximately 5% of their body's muscle mass every 10 years. This loss of muscle mass affects every aspect of a woman's body, including the pelvic region.

So how can physical therapy help women (and men) tone and strengthen muscles, especially in the pelvic area?

Physical therapists can design a full pelvic workout, including exercises called "Pelvic Clocks" and "Kegels" to strengthen the muscles in the pelvic region.

To find out how you can benefit from these and other exercises, call our office today to schedule an appointment. Let us help you regain control of your pelvic floor muscles. **Don't wait until you suffer the symptoms of pelvic floor weakness to take action. Call us today and take preventive measures.**

Note: Please do not start any exercise routine without the consent of your physician.

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