



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

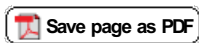
Be Healthy - Stay Well
Earl & Geoff

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



Monday, 19 December 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

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](#)

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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. \$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?

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.

Our New Year Resolution: A New You



As we get closer to 2012, people start making new year resolutions. In our case, our new year resolution is **all about you** and what we can do to make 2012 a healthy and pain-free year for you.

As the premier providers of physical therapy in our community, we value your trust in us. Our goal is not only to maintain but also to improve the high standard of care you've experienced with us.

As part of our resolution, we are going to teach you how to live a healthy, pain-free life. Please pay close attention to this newsletter because it will help you set the stage for optimum health and wellness in the next 12 months. **Your success is ours, and we are committed to your health and well-being.**

being.

Here are a few tips to help you stay injury-free in the new year:

- Consult a physical therapist to evaluate and, if necessary, improve your strength and flexibility.
- Learn the right techniques to lift heavy objects, including heavy backpacks and handbags.
- A physical fitness and injury assessment evaluation is the best thing you can do to keep yourself healthy and pain-free in 2012.

New Year Resolution Tips

Here are some ideas for new year resolutions. Please keep in mind that some of these suggestions may need to be modified depending on your individual needs.

1. When lifting objects, I will use the correct technique (as instructed by my physical therapist) so that I can protect my back.
2. As I perform my exercises, I will monitor my technique, breathing pattern, and range of motion during each repetition.
3. I will maintain an upright posture and practice postural awareness exercises at regular intervals throughout the day.
4. I will make it a habit to stretch at regular intervals while at work.
5. I will follow the home exercise program provided to me by my physical therapist.



Physical Therapy and The New You



This is the time of the year when most individuals get gym memberships and plan to start regular workouts. It's also the time of the year when the body is least prepared for unsupervised, sudden exercise which can cause injuries.

Your physical therapist will teach you how to perform an exercise with the correct technique, breathing pattern, and range of motion. We will always answer your questions and help you exercise in a safe, progressive manner.

Don't hesitate to contact us to ask for help with finding a routine that will work for you.

Now it's your turn to make some new year resolutions for a healthy and pain-

 free year ahead!

From all of us to you and your family: We wish you a happy new year and hope you have a safe, pain-free, and injury-free year ahead in 2012.

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