



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

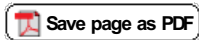
Be Healthy - Stay Well
Earl & Geoff

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



Monday, 05 December 2011

[Refer A Friend - Click Here](#)



RMS Physical Therapy

[Email Us](#)

[Our Website](#)

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](#)



[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.

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.

Stay Healthy and Lose Weight during the Holidays

The holidays are a great time to celebrate with family and friends but they are also associated with an abundance of food and a decrease in physical activity. This can cause weight gain, which can cause aches and pains.

With these 10 simple tips, you'll be able to stay healthy (and possibly shed unwanted pounds) this holiday season:

1. Always try to plan your meals, including snacking or dining out, at least two to three days ahead
2. Be conscious about what you eat at all times
3. Always exercise at least two to three times a week
4. Limit your alcohol intake
5. Drink more water
6. Find healthy alternatives to traditional holiday foods
7. Find ways to make physical activity a part of your family holiday experience
8. Change your workouts to keep yourself motivated
9. Savor the flavor of holiday foods - opt for quality, not quantity
10. Learn to say "no" to certain foods and don't give in to the social pressures of eating



With a little bit of discipline and planning, this can be one of the healthiest holiday seasons you've ever had.

Holiday Food Consumption Guide 101

If you are trying to lose weight, the holidays can be a challenging time.

Here are some tips that will help you stay on track with your healthy eating lifestyle:

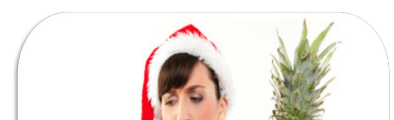
- Make sure your diet and exercise program is something you can stick with.
- Don't restrict foods. This is a time to indulge a little, but remember to do so in moderation.
- Remind yourself of your goals by placing a sticky note or picture of "where you want to be" on your refrigerator or mirror.
- When visiting family or friends, make sure to eat something healthy before you visit, so you don't overeat.
- Try to share your health and wellness goals with as many people as you can. You will be less likely to overeat.
- Sip water at regular intervals throughout the day. Carry a glass of water around with you at parties. This keeps your hands busy and stomach feeling full.
- Try to reach for the healthiest foods when you are hungry.
- Chew food slowly. It takes time for your brain to perceive 'fullness' in your stomach. Besides, chewing food slowly allows you to savor the taste of the food.
- Eating too quickly is a common cause of weight gain during the holidays since you consume more calories than the body needs.



How Physical Therapy Can Help This Holiday Season

Physical activity is extremely important at this time of the year, given the inevitable increase in calorie intake during the holidays.

Diet is just one part of the equation, which is why



Web2PDF

converted by Web2PDFConvert.com

physical therapy is so important.

Physical therapy can play a valuable role in helping you stay healthy and pain free this holiday season.

It's a good idea to schedule an appointment with your physical therapist to learn a safe, effective exercise program to maintain optimum muscle strength and flexibility.

When you combine discipline in your diet with a personalized exercise program, the holidays can become a time of great rejuvenation.

Physical therapy can help relieve aches and pains with a combination of exercise and (possibly) massage. Massage can help relieve tight muscles and boost blood circulation.

Give us a call right away and we'll work with you to make this a healthy, happy, and safe holiday season. Our highly skilled, licensed physical therapists have been specially trained to help you enjoy the holiday season with a structured exercise and massage therapy program.

Come to our clinic and enjoy a professional and relaxing environment. **Let us help you make this a healthy holiday season.**



[Forward this Newsletter - Refer A Friend](#)

This email was sent by earlguntherjr@rmsphysicaltherapy.com / geoffgentry@rmsphysicaltherapy.com

[To Unsubscribe From Our Newsletter, Please Click Here.](#)

RMS Physical Therapy 1423 B West Schaumburg Road Schaumburg Illinois 60194 Phone: (847) 895-2910 / Fax: (847) 895-2911