



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 ~



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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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Phone: (847) 895-2910
Fax: (847) 895-2911

Harvard Physical Therapy

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Harvard, IL 60033
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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

To receive the Free RMS Physical

[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.

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?

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.

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](#)

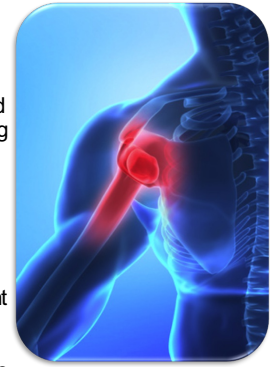
[10 Best Health Tips](#)

Ready To Reach For The Stars?

It is estimated that approximately 3 out of 10 adults are affected by some degree of shoulder pain at some point in their lives. Contrary to popular belief, shoulder pain is not something you have to 'live with'.

If you have pain in your shoulder, please consult a doctor for a detailed evaluation. Most doctors will conduct a three part evaluation consisting of a medical history, physical exam and tests to isolate the problem.

- **Medical history** involves an analysis of your past and current records to identify underlying factors that may have caused the injury.
- The **physical exam** can be quite extensive and sometimes painful. The doctor may poke, prod and pull your arm in different directions to determine the location and type of pain you are experiencing.
- **Testing** can be quite extensive since the doctor is now trying to get to the root of the problem with some advanced methods to test the function of bones, joints, muscles, ligaments and nerves. Testing can also include referring you to get X-rays or MRI tests to help with diagnosing the problem.



Once you have the diagnosis, it is important to take the next step and ask your doctor if a consultation with a physical therapist is the right choice for you.

Treatment Options For Your Shoulder

There are various treatment options for shoulder pain. Some of the options include:

- **Medication** – Pain killers and anti-inflammatory drugs can help provide some degree of pain relief. However, using medicine will only help mask the pain and doesn't get to the source of the problem.
- **Physical therapy** – This includes exercise and manual therapy involving various types of joint manipulation, massage and deep tissue massage. Physical therapy plays an important role in the recovery process. Modalities like ultrasound, electrical stimulation and heat / ice may be needed to help with pain and inflammation.
- **Surgery** – In extreme cases, surgery may be required. Talk to your physician, who may refer you to an orthopedic specialist to determine if surgery is the right solution for you.



If you have questions regarding your examination, diagnosis or treatment options, we are here to assist you.

Physical Therapy For Shoulder Pain

If you have shoulder pain, ask your doctor if physical therapy is right for you. A physical therapist is trained to evaluate all the mechanisms that involve bones, joints, and muscles. Since we are specialists in motion and pain relief, chances are that we can get to the root of the problem and identify exactly what's causing the pain.

We work with your doctor as a team and find the fastest way to relieve your pain and get you back to work. We understand this can be a very frustrating condition because it can affect your daily activities.

We help you by custom designing an exercise program that includes:

- **Range of motion exercises** – these exercises help restore mobility in your shoulder and help you overcome the inevitable joint stiffness.
- **Resistance exercises** – we'll teach you innovative ways to use weights or rubber tubing to provide light, progressive resistance so you get stronger and recover faster!
- **Stabilization exercises** – these advanced exercises will increase the stability of your shoulder muscles and help minimize the chances of re-injury.

Please contact us to learn what we can do for you. It's time you stopped worrying about shoulder pain and reached for the stars. We'll help you get there!

