



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

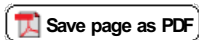
Earl & Geoff

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



Monday, 19 September 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 @ RMS Physical Therapy

#### AlterG Anti-Gravity Treadmill

#### Preventative Exercise Programs

#### Free Injury Screening

Flash version 9,0 or greater is required

You have no flash plugin installed

Download latest version from [here](#)

[Click here to watch the Video Newsletter](#)

### Introducing the AlterG Anti-Gravity Treadmill @ RMS Physical Therapy

## RMS Physical Therapy

## Installs 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](http://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

To receive the RMS Physical Therapy Newsletter and or the Free E-Book on "The Secrets of Good Posture" ~ Simply go to [www.RMSPT.com](http://www.RMSPT.com) and sign up. If you are in the clinic, just ask the receptionist. Feel free to share the Newsletter with Family & Friends. They can sign up to receive the Newsletter & E-Books too.

Download our Free E-Book

10 Best Health Tips

- 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 for more information and to schedule an appointment (847) 895-2910.

### Does Back Pain Go Away On Its Own?



Did you know that 80% of all individuals suffer from low back pain at some point in their lives? At times, the cause can be a specific injury. In other cases, the cause cannot be accurately determined. Low back pain is the second most common reason for a visit to the doctor's office (the first is upper respiratory tract infections).

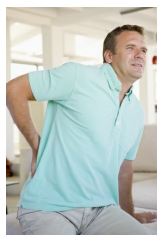
#### What Causes Low Back Pain?

The spine is a complex structure made up of bones, joints, ligaments and muscles. It can be injured in several ways. It's possible to sprain ligaments, muscles or get a bulging or herniated disc. These are just some of the factors that can lead to low back pain. There can be times when the

simplest movement (bending down to pick up a pencil from the floor, picking up your child) can lead to severe pain.



#### Will My Back Heal Itself?

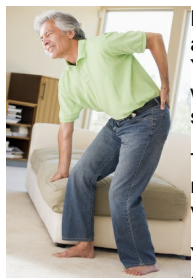


Unlike muscles and bone, the lower back is a complex part of the body that does NOT "heal" on its own. It is critical to identify the underlying cause (which is where we help you) so that you can get long lasting relief.

The persistence of low back pain was revealed in a study by Hestbaek and colleagues in 2003. The study revealed that back pain lasted longer than 30 days for over 33% of people who experienced low back pain. Also, very few people (9% to be exact) with low back pain remained pain free after 5 years.

This highlights the importance of an evaluation from a licensed physical therapist, which is exactly where we come in to help you.

### What If I Suffer From Long-Lasting Back Pain?



Persistent, chronic pain is more than just an inconvenience. It can make daily activities painfully challenging and limit your ability to do the things you enjoy. You may find it difficult to play with your children and complete tasks at home or work. Pain can also confine you to staying indoors. It can substantially limit your social life.

That's not all. Many individuals cut back on physical activity. This leads to muscle weakness, which causes more pain and weakness. This triggers a vicious cycle that grows worse with each passing day.

Your physical therapist can help you break this painful cycle! In most cases, we can help individuals with long-lasting back pain feel improvement shortly after starting physical therapy.

If your back pain is not resolving quickly, call us today.

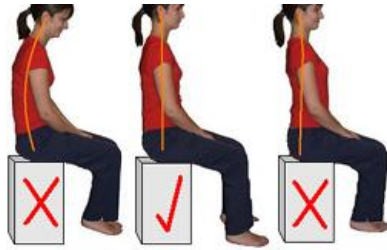
### Can I Prevent My Back Pain From Returning?

Here are some tips from our physical therapists to keep your spine healthy and pain-free:

- When lifting an object, bend at your knees, not your back. Be sure to squat with the correct technique to pick up an object. Keep your back straight and keep the object close to your body.
- Avoid twisting your body while lifting anything.
- When sitting, make sure your feet are flat on the floor and your back is straight.
- Avoid sitting for long periods of time. If you must, make sure to stand up and stretch frequently.
- The right footwear can protect your spine. Flats or low heels are safer than heels.
- Avoid sitting on the couch for too long, since it deconditions the muscles surrounding your spine.
- Exercise regularly. Increasing muscle strength with the right exercises (which we can teach you) will minimize pain and injury.



Don't neglect your low back, even if you are pain free. We



can teach you several preventative exercises and conduct a postural evaluation to determine if you may be at risk for back pain.

What are you waiting for? Schedule an appointment with us today so we can show you how to protect your spine. It's time to get you 'back' to pain-free living.

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

---

This email was sent by [earlguntherjr@rmsphysicaltherapy.com](mailto:earlguntherjr@rmsphysicaltherapy.com) / [geoffgentry@rmsphysicaltherapy.com](mailto: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