

Physical Therapy News

From Your friends at RMS Physical Therapy



Therapists

Earl Gunther Jr., PT - Owner
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Clinic Locations

RMS Physical Therapy
1423 B West Schaumburg Rd
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

Programs:
Wellness / Training / Exercise

AlterG Anti-Gravity Treadmill

Free Injury Screening

Self Pay Rates Available

Most Major Insurance Accepted

If you would like to receive the free RMS Physical Therapy Newsletter and/or our free E-book ~ simply go to www.RMSPT.com and sign up. Friends & Family can sign up too!

4 Vacation Tips For For Being Pain-Free

Whether you go on a cruise, visit family or friends, or plan a trip to the beach it's important to remember a few critical things to remain injury-free and pain-free this summer.

So before you pack your bags for your next trip, please read the following 4 tips to come home relatively pain-free.

Tip #1: Make a decision

Before you leave home, make the decision to continue with the exercises prescribed to you by your physical therapist. These exercises are meant to keep you healthy and pain free.

As you enjoy your vacation, think of exercise as an 'investment' in your physical health and avoid the temptation of skipping your exercises.

Tip #2: Keep moving

It's easy to spend your vacation days just lounging by the beach or the pool. The problem is inactivity contributes to joint stiffness and pain. Try some of these strategies:

- Take a brisk walk for 15-20 minutes; daily if you can
- Try to use the stairs whenever possible instead of the elevator

- If your hotel has a pool, try swimming a few laps

- Take the outline of your home exercise program with you – the one specifically designed for you by your physical therapist



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A Healthy Vacation and The Role of Physical Therapy

We want you to return recharged from your summer vacation.

When you follow our advice you'll experience a decrease in pain and an increase in muscle strength and joint mobility.

Imagine coming back refreshed, ready to do the things you really like; playing with your kids and doing fun things outdoors with your friends and family this summer. Make this the summer that you take charge of your health and address that nagging pain.

We are here to help you plan your exercise routine this summer. Schedule an appointment with us today and have a fabulous summer.

