

Physical Therapy News



From Your friends at RMS Physical Therapy



Earl Gunther Jr, PT – Owner
Geoff Gentry, PT, OCS – Owner

Therapist
Phillip Gonzalez, PT, MPT

Locations

RMS
Physical Therapy
1423 B West Schaumburg Rd
Schaumburg, IL 60194

Phone: (847) 895-2910
Fax: (847) 895-2911
www.Rmsphysicaltherapy.com

Harvard
Physical Therapy
100 Admiral Drive
Suite B
Harvard, IL 60033

Phone: (815) 943-0191
Fax: (815) 943-0196
www.Harvardphysicaltherapy.com

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~ or just as our staff ~

The Real Benefits of Core Strengthening

No matter what the action may be, your “core” is a solid and basic center of all action. Whether you’re throwing a baseball or sweeping a floor, the motions required to perform any movement either begin in or run through your body’s “core.” Your core is much like the middle link to a thick, sturdy chain. The upper part of the chain is your upper body, the bottom part of the chain is your lower body and the two are connected at the center. If that center is weak, havoc is bound to happen. Basically, your core must be strong and reliable and it’s up to you to make it that way. Should that link be weak or inflexible it can literally cripple you. Creating a stronger core will not only give you more function in your limbs and body but it will enhance your stability and balance. Everything you do is somehow intertwined with your body’s core. For this reason alone the strength of the core is truly one of the most important areas of your body to develop and maintain strength in. What every day things in life does your body core have an affect upon? Let’s take a look...



• **Recreational activities and sports** - There

isn’t a single sporting activity that doesn’t depend upon your body’s core for strength, balance, and agility. Playing racquetball, tennis, swimming, golfing, fishing, jogging, weight lifting, walking, basketball, volleyball, and any other type of sport you can think of all depend upon having a strong body core. Without a strong core you will be weak and unable to perform sports in a manner that would create a positive attitude about your end results.

• **Everyday Movements** - Simple movements such as tying your shoelaces, picking up your groceries, turning to view out of the back window in your car when driving, sitting down in a chair, standing or even picking up your child all depend upon the strength of your core. The weaker your core the more painful these acts can become or even the less likelihood that these everyday tasks can be completed. In the same concept, the stronger your core the easier these movements and everyday tasks can be done, without even thinking about it.

• **Work/Job Tasks** - Obviously any job you perform will depend upon the strength of your body core but there are some jobs which depend more upon its strength than others. Jobs that require lifting, bending, standing for long periods or even sitting and twisting in a chair for many hours can all be inhibited by a weak body core.

• **Balance and Stability** - Because your core is truly the “center” of your body and maintains your body’s upper and lower extremities and spine it also is what keeps your body in balance and stabilized. With a strong core you can easily go across railroad tracks, drive down a bumpy road and stabilize yourself on a bike or motorcycle.

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Core Strengthening and Breathing Properly

Most people do not breathe properly, especially when exercising. You should breathe mainly with your diaphragm or the large muscle that actually assists your body to move air through your lungs; both in and out of your lungs. Learning to breathe with your diaphragm can be something taught easily to most people. First you lie down on your back, placing your hand on your diaphragm or stomach area. When you breathe you should be able to see your hand moving with the breathing. You can literally watch your breath as it comes in and out of you. Take notice of the feelings you have when you are breathing like this and watching your hand move with your breath. This is the same

feeling you want when you begin exercising to strengthen your core. What you want is your stomach area to be moving in and out as opposed to just your chest moving in and out while you exercise. Many people think that you want to see and notice your lungs opening and pushing your chest, shoulders, back and neck area up and out in order to be breathing at your optimum; however, this is completely the opposite of what you want. You want your stomach and entire abdomen region to move in and out as you breathe deeply. This is how you know that you are breathing properly and will help you strengthen your core best.

The Real Benefits of Core Strengthening



occurs when someone has exercised regularly and created more resilient core muscles.

• **Gardening and housework** - Simple tasks like vacuuming, mopping a floor and making a bed all utilize the strength of your core. Doing home repairs, bending, lifting, plunging a drain, or even something as simple as lifting dishes into a cupboard all come from or go through the core of the body.

• **Posture** - Having a weak core can actually create poor posture, which in turn creates back pain. Sitting properly and straight can keep you from tiring or becoming achy, especially when you are required to sit for any length of time. Having a strong core to begin with can definitely help. Having a weak core can also cause you to slouch, both when walking and sitting.



correct way. Having an overly strong abdominal area, which many people tend to go for those 6-pack abs, can also mean ignoring other vital areas around the core, including back muscles, leg muscles and hip muscles. If you do not properly train and strengthen your core correctly by not only utilizing the right techniques but the proper routine, you can create even more issues and ailments. Along with developing strength of the muscles surrounding the core of your body it is also very important to eat properly. Proper diet and exercise can create a strong core and therefore create a better lifestyle all around.

• **A Healthy Back** - Back pain is one of the worse pains a person can experience and four out of five people will experience back pain at some point in their lifetime. Low back pain can often be excruciating and extremely debilitating cases it can actually help alleviate the intensity of back pain if it

You can truly see from the minimal listing above that the core plays a vital part in keeping oneself strong and able to live a fairly normal life without pain. However, you have to also know that strengthening your core takes the proper exercise routine to create the strength in the



Physical Therapy For Your Core

It is not as hard to build core strength and stabilization as you may think. You don't need any specialized equipment to target the core muscles. All you need is a good physical therapist.

Your physical therapist will be able to not only create the best exercise routine for you, but will also be able to monitor your progress. Our staff is highly trained in identifying muscle imbalances and weaknesses, and this information is used to craft an individualized program based on your preferences and goals.

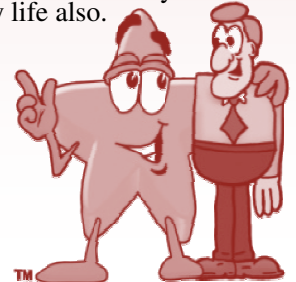


Call us today to see how we can make your daily activities easier by facilitating the strength of your core muscles. We look forward to showing you what physical therapy can do for your core.

The Importance of Core Stabilization

Every part of your body is connected together, just like a chain. Each part is dependent upon the others to make a complete connection and in the center of that connection is your core. The core is what holds it all together, whether directly or indirectly. Picture this chain starting at your head and running through your neck, to your, shoulder, down your arms, connecting you from part to part all going back to the core. This chain actually exists in theory and is referred to as the "kinetic chain." Kinetic refers to energy/movement and it refers to the fact that each moving part of your body, through this "chain," affects a different part of your body and so on. Your core is where all of these chains link together into a common center. The idea of strengthening one's core is nothing new. In fact, core strengthening goes back into the ancient times of Tai Chi and many other martial arts. Yoga also focuses

on the core and strengthening it through various breathing and stretching exercises. Pilates is based on core strengthening also. Your core, where each of the chains come together and connects, is truly the foundation of your coordination, your strength, your balance, your balance, and your movements. You can actually train and strengthen your core and train it to contract the muscles in the proper order, giving you a strong and stable foundation for movement. This is especially beneficial for athletes but it is extremely beneficial for everyday life also.



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"I'm going to order a broiled skinless chicken breast, but I want you to bring me lasagna and garlic bread by mistake."

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How to solve Sudoku puzzles

To solve a Sudoku, you only need logic and patience. No math is required.

Simply make sure that each 3x3 square region has a number 1 through 9 with only one occurrence of each number.

Each column and row of the large grid must have only one instance of the numbers 1 through 9

The difficulty rating on this puzzle is easy.

7	5	9	1	6	8	4	2	
6	7	1	9	2	8	5	7	3
8	2	4	5	7	6	1	9	
5	9	4	8	3	1	2	6	7
6	1	2	5	7	9	8	4	
5	8	7	6	4	2	9	5	1
2	7	6	1	9	5	4	8	3
1	5	2	8	4	7	9	6	
9	4	8	7	6	5	1	2	3

5	2		9		4			
9		7	4		2		3	
				6				
1				9		8		
		3		7		2		
	9		1					5
				5				
	7		8		6	1		4
	4			1			5	7