



Physical Therapy

NEWSLETTER



STEP LIGHTLY!

*RELIEVING LOW BACK, HIP AND
KNEE ARTHRITIS PAIN*

Leave Your Pain Behind

*Understanding & treating
tendinitis pain*

Exercise Essentials

*Stay in shape while
staying at home!*

Try Your Green Thumb!

*Tips for planting a potted herb
garden*



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STEP LIGHTLY!

5 SIMPLE WAYS TO BEAT KNEE PAIN WHILE RUNNING

We all know that running is great exercise for our bodies, but often people stop due to knee or lower leg pain. This can happen for a variety of reasons, but usually ones that we are not aware of. Over 50 million Americans deal with some sort of knee trouble, as the knees are the second most common injured joint, the first being the joints in the spine. Therefore, it is essential to know what you can do to prevent knee troubles from even starting.

Most all knee and leg pain can be attributed to the following issues:

- Poor muscular strength
- Imbalance of muscular strength with certain muscles stronger and others weaker
- Poor muscular coordination
- Poor biomechanics of walking / running
- Lack of flexibility

Don't push through the pain

While feeling a stretching sensation or muscle burn is a normal part of exercising, feeling pain is not. Sharp or dull pain should be paid attention to and not pushed through. Make sure you are

doing adequate warming up prior to exercising as muscles and tissues require internal lubrication to work properly. Warming up brings natural fluids to the area to help with lubrication, improving elasticity and function. In addition, make sure to properly stretch after exercising to ensure that flexibility is maintained and gained.

5 Ways to Improve Knee Pain

1. Increase your leg strength.

Do wall sits, knee extensions, toe raises, hip side-lifts and more. Speak with one of our professionals for how to perform these exercises correctly.

2. Improve your patella (kneecap) tracking.

Your patella needs to glide to actually form a C pattern when you bend your knee. Do leg lifts with your whole leg rotated outwards to strengthen the inner thigh and knee muscles. Make sure to stretch your kneecap up and down, side to side, to ensure gliding. Most patellofemoral pain comes from poor patella tracking and a physical therapist is the expert to diagnose and treat this problem.

ARTHRITIS AND PHYSICAL THERAPY



3. Maintain and improve flexibility

With running and exercising it is very common for the powerful muscles in the leg to become tighter. For example, the hamstring and outer tissues of the leg (iliotibial or "IT" band) can become very tight, altering the mechanics of the knee causing pain. Stretch after every time you run and do adequate warm ups prior. Try integrating yoga and stretching into your routines.

4. Improve your balance and coordination

Do balance exercises to build up your proprioception (sense of balance position). Exercises such as standing on one leg with and without eyes closed are important. Don't forget to make sure you setup for safety when performing balance exercises by having a steady surface nearby to hold onto when needed.

5. Improve your agility

Many casual runners, simply run, but do not perform other types of important exercises such as strengthening, balance and agility training. Mix up your workouts to include these other types of exercises.

Seeing a Specialist

If you have recurring knee pain or discomfort for more than 3 days, it is time to see a specialist. The ideal specialist to see is a physical therapist as they are medical experts in joint movement and function (kinesiology). A thorough evaluation needs to be done of your movement, walking patterns, strength, joint mobility, patella tracking and proprioception.

Only then, can the true source of the pain be found, treated and help you understand what you can do to prevent it from returning. In addition, if you are an avid athlete, a physical therapist is key in helping you discover new ways to improve your movement and function, helping you improve your game. Get on the path to healthy knees and call us today for a free joint movement analysis. Discover how liberating it can be to run or exercise pain free.



For more information about how physical therapy can help your running pain, call us today at 773.541.2020 or visit us at LoopPT.com!

NO REFERRAL? NO PROBLEM!



Did you know we can see you for PT with or without a doctor or other healthcare provider's referral? One of our physical therapists will evaluate you, and customize a treatment plan to reduce your pain and get you moving better. Refer yourself or a loved one!



**LOOP PHYSICAL
THERAPY CENTERS**

WHAT PATIENTS ARE SAYING!

"TJ and her staff are the most dedicated, personable physical Therapist's I've ever seen! Normally I dread therapy but since I've been lucky enough to be introduced to Loop Physical Therapy I can't get enough! Thanks TJ, Gigi, and Ragan!" — Tony L.

"I have been going to this clinic for lower back pain and the results have been stunning. Very professional staff that wants to know the root of your problem and fix it so you don't have to come back again. I'm very happy with the entire team and they take my insurance which makes affordable. If you in pain give those guys a shot." — Gino C.

"I started going to Loop Physical Therapy's West Loop location for a lower back issue that kept me from doing even the simplest everyday tasks. The entire staff is great, especially Reagan, who I worked with the most. Not only did she work on my back pain but also took the time to address other areas of weakness to prevent future injuries. I'm now back to work and back in the gym pain free and I can't remember the last my back has felt this good. I can't thank her enough! I would highly recommend loop physical therapy!" — Nick M.

Learn more by visiting our website at LoopPT.com or schedule your consultation today by calling !

TIPS FOR PLANTING A POTTED HERB GARDEN



As the weather begins to warm up, we are all looking for fun activities to get us out of the house while still remaining safe and following CDC guidelines. At Loop Physical Therapy, we are dedicated to helping you find activities that you enjoy that'll get you moving and out in the sunshine!

One spring activity we think you may enjoy is planting a potted herb garden. Follow our tips below or contact our clinic for more info on how you can enjoy the spring while still protecting yourself!

1. Discover what herbs will work best for you. Do you find yourself frequently cooking with certain herbs? Instead of making another trip to the grocery store, you can grow them right in your backyard! Figure out what herbs you will use the most and notice how convenient it is to have them growing right outside your home.

2. Make sure you have enough room for each herb to grow and thrive. A common mistake when planting a garden is not allowing enough room for plants to grow. Most herbs require a diameter of 1-4 feet in their pot to allow the roots to grow and spread. A general guideline for common herbs is as follows:

- 1 foot in diameter: chives, cilantro, parsley, dill
- 2 feet in diameter: summer savory, thyme, basil, tarragon
- 3-4 feet in diameter: sage, mint, rosemary, marjoram, oregano

3. Make sure your herb garden is in the right light. For best results, herbs generally prefer full, bright light, as long as temperatures are not too hot that they burn the plant. If temperatures reach above 90 degrees in the summer, then it is best to plant your herb garden in an area where it can get bright morning light and afternoon shade.

Looking for more spring activities?

For more tips, don't hesitate to contact Loop Physical Therapy today! We can help you enjoy a fun and safe spring.



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EXERCISES TO DO AT HOME!



Wall Slide with Posterior Pelvic Tilt

Tilt your pelvis backward so your low back is flat against the wall. Slide your back down the wall into a squatting position and lift your heels off the ground and hold. Then stand back up and repeat.

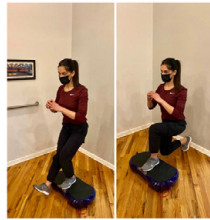
Standing Knee Stabilization with Hip Mobility

Start by standing with a band around your knee. Resist the band from pulling your knee inwards. Now, go to a single leg stance and lift leg up into hip flexion. Then, turn your knee laterally and tap your leg down. Repeat.



Single leg Heel Tap and Lunge

Lift one leg in front of your body and squat down until your heel touches the ground, then return to the starting position. Then with the same leg that tapped down, bring the leg backwards into extension for a lunge.



HEALTHY RECIPE MIRACLE RED JUICE



Ingredients

- 2 large beets
- 4 long carrots
- 2 apples
- 6 celery stalks
- 2 limes or lemons
- 2 inches of ginger

Directions

Prepare beets, carrots, apples, celery, limes (or lemons) and ginger by chopping into smaller pieces before placing into a juicer. As the skin of a beet is packed with antioxidants and nutrients, it is recommended to leave the skin on the beet. Do not peel the ginger, which you will add to taste as ginger can be spicy. After all ingredients are added to the juicer, blend until juiced and smooth. Miracle Red Juice can be absorbed more easily on an empty stomach. Drink one glass every other day or as needed.



For additional nutritional information, visit us at LoopPT.com or call us today to set up a dietary consultation with our team member, Aysin Yavuz!



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Call Us! 773.541.2020 • Visit Us! LoopPT.com

LOOP LOCATION

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EDGEWATER LOCATION

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