



# Physical Therapy

NEWSLETTER



## GET YOUR HEALTH BACK ON TRACK WITH PHYSICAL THERAPY

### ***Get Moving!***

*Live A Healthier, More  
Active Life With Loop!*

### ***Exercise Essentials***

*Stay in shape while  
staying at home!*

### ***Healthy Recipe***

*Try this tasty, seasonal  
breakfast treat*



# Physical Therapy

## NEWSLETTER

## GET YOUR HEALTH BACK ON TRACK WITH PHYSICAL THERAPY

***IT'S NATIONAL PHYSICAL THERAPY  
MONTH; ARE YOU IN TUNE WITH  
YOUR HEALTH?***



Happy October! Now that fall is here, it's time to crack out the knives for pumpkin carving and put out bowls of candy for trick-or-treaters! Did you know that October is also National Physical Therapy Month? It's true! Loop Physical Therapy wants to make sure that our patients have a reliable source to learn more about the many benefits of physical therapy.

Our team of physical therapists is devoted to helping our patients recover from injuries and pain that make everyday activities way harder than they should be. Loop Physical Therapy provides high-quality rehabilitation services, and we encourage you to reach out to us if you or a loved one is in need of physical therapy!

Take a break from planning out your scary costume this year and read up on these 5 reasons why physical therapy is a great option for pain relief from chronic conditions and injuries.

### **5 reasons to choose physical therapy**

There are several reasons to choose physical therapy over pricey surgeries and medications. Loop Physical Therapy has chosen 5 of the best ones for you to consider!

#### **1. Physical therapy can help to strengthen your joints and improve your range of motion.**

Increasing muscle strength and mobility of the connective tissues around your joints (including the tendons, muscles, fascia, and joint capsules) will help your joints feel better and move better. This can also help you improve your functional activity tolerance, which is essential for work, leisure, and simple daily function.

#### **2. It's a safe, holistic method of pain management/elimination.**

The sad truth is that right now, we're experiencing an opioid epidemic. People are relying so heavily on over-the-counter medications to ease their pain; they don't realize the long-term effects these pills have on their bodies.

You don't have to rely on over the counter or prescription painkillers to ease those achy, stiff, swollen joints! Physical therapy modalities that have been shown to ease pain, reduce spasms, increase circulation, and promote healing include electrical stimulation, diathermy, cold laser therapy, dry needling, and therapeutic ultrasound.

#### **3. You can learn to move without limits again.**

According to the Arthritis Foundation, exercise is one of the best ways to manage hip pain and knee pain caused by osteoarthritis. Your physical therapist can help you get back to regular exercise in a way that is safe and effective for you, based on your current abilities, goals, and needs. This is especially helpful if you're currently on a weight loss journey since being overweight is a major risk factor for knee and hip pain.

#### **4. Physical therapy can uncover the underlying reasons for your pain.**

Many of the impairments you and your physical therapist work to correct—including weakness, poor posture, and limited range of motion—may have been caused or worsened by things you're unknowingly doing.

*(Continued inside)*

Schedule your consultation with physical therapist today by calling **773.541.2020!**

Learn more by visiting our website at **LoopPT.com**

# LIVE A HEALTHIER, MORE ACTIVE LIFE WITH LOOP!



This includes sitting too much, using poor body mechanics, breathing improperly, and having an ineffective ergonomic set-up at work. A physical therapist can educate you about ways to move safer ways that use your energy more efficiently, reduce the risk of re-injury and enhance the overall effects of your care.

## 5. You'll experience improved joint health.

When you see a physical therapist for hip or knee pain, there's a good chance they'll use joint mobilizations or manipulations to help promote healing and attract circulation to the inner joint surfaces. These techniques have also been shown to reduce pain and improve joint alignment...and they feel good, too!

## Why choose Loop Physical Therapy?

The mission of our physical therapy clinic is to use compassion, encouragement, and motivation in the treatment of our patients and clients. We pride ourselves on providing outstanding and personalized skills as movement and rehabilitation physical therapists, through exceedingly high customer service. Our goal is to positively impact people's lives and improve their quality of life.

During your first appointment with your therapist, they will do a thorough evaluation of your physical condition. If you're feeling pain, your symptoms will be taken into account. If there are things you cannot do because they cause you discomfort, tell your therapist so that they can make note in your treatment plan. Your therapy will be centered around helping you get back to doing the things you love without pain. Targeted exercises and stretches will be a huge part of your treatment, and your therapist will work with you to ensure your success and satisfaction.

When you see a therapist at our clinic for an evaluation, it doesn't matter what your diagnosis ends up being. We're here for you every step of the way and assure you that a comprehensive treatment plan will be created specifically for your needs. There is nothing we desire more than to see you feeling better, and we'll stop at nothing to ensure that happens!

## Call us today to set up an appointment

Here at our clinic, the ultimate goal is to help you achieve your full potential and maximum functional level in work, sport, and life activities. We understand that no two pain conditions are alike, and no two treatment plans should be either.

Contact Loop Physical Therapy to learn more about the benefits of physical therapy. After all, it is National PT Month, so if you're struggling with a painful condition, there's no better time than the present to seek help!



**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](http://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!

*"I was going to wait until I had finished my sessions here to leave a review but I think I'll go ahead and leave one now. Loop PT Edgewater is the best PT I've been to. Regan and TJ constantly add healing tips to sessions and even check for any extra benefits one's insurance may covers. Coming here is always a peaceful part of my day and their care is definitely sincere. I highly recommend!" — Andrea*



**LOOP PHYSICAL  
THERAPY CENTERS**

Learn more by visiting our website at [LoopPT.com](http://LoopPT.com) or schedule your consultation today by calling !

# EXERCISES TO DO AT HOME!



## Suboccipital Release

### Setup

- Begin lying on your back with your knees bent and a foam roller with grooves or a lacrosse ball at the base of your head.

### Movement

- Relax your neck and rotate your head side to side. You should feel a light stretch or muscle release.

### Tip

- Make sure keep your neck relaxed during the stretch.

## Postural Banded Pull Aparts



### Setup

- Begin in an upright standing position with your arms by your sides. Press back of head into wall. Bend your elbows to approximately 90 degrees with your palms up holding a resistance band in both hands.

### Movement

- Slowly rotate your forearms out to the side while squeezing

under your arm pits. As you do so, pinch your shoulder blades down and back together. Pause briefly, then return to the starting position.

### Tip

- Avoid shrugging your shoulders.



## Seated Wall Angels

### Setup

- Begin sitting with your back flat against a wall, legs straight, and your arms out to the side with your elbows bent to slightly below 90 degrees.

### Movement

- Slowly straighten your arms sliding them upward, then lower them back down while squeezing under your armpits to the starting position, and repeat.

### Tip

- Make sure to keep your back and arms in contact with the wall, and do not shrug your shoulders or arch your lower back during the exercise. Only raise your arms as far as you can without causing pain or shrugging your shoulders.



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## HEALTHY RECIPE CANDY CORN SMOOTHIE



### Ingredients

- 1 cup frozen mango chunks
- 1/2 cup coconut milk
- 1 frozen banana
- A thumb-sized piece of turmeric
- 1 cup frozen pineapple chunks

### Directions

Place 2 clear cups in the freezer. Pour the milk into a blender. Slice the banana and add it to the blender. Blend until smooth. Remove the cups from the freezer and spoon the banana mixture evenly into the bottom of each of the cups. Return the cups to the freezer for 5 to 10 minutes. Rinse out the blender. Add the mangoes and turmeric and blend until smooth. Take the cups out of the freezer and spoon the mango layer evenly into the cups. Return to the freezer for 5 to 10 minutes. Rinse out the blender. Add the pineapple, and blend until smooth. Spoon evenly into the cups and serve.

**Don't Miss Out On This  
Special Offer!**

**FREE BODY COMPOSITION  
ANALYSIS**

For more information, call us at **773.541.2020** or visit our website at **LoopPT.com**! This offer expires October 31th, 2021.



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!**

Learn more by visiting our website at **LoopPT.com** or schedule your consultation today by calling **773.541.2020!**



OCTOBER  
“  
HAPPY  
NATIONAL  
PHYSICAL  
THERAPY  
MONTH  
”

# LOOP PHYSICAL THERAPY CENTERS

Call Us! 773.541.2020 • Visit Us! [LoopPT.com](http://LoopPT.com)



## **LOOP LOCATION**

19 S LASALLE ST UNIT 503  
CHICAGO, IL 60603

## **WEST LOOP LOCATION**

16 N PEORIA ST  
CHICAGO, IL 60607

## **EDGEWATER LOCATION**

5315 N SHERIDAN RD  
CHICAGO, IL 60640



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