



Physical Therapy

N E W S L E T T E R



ARE YOU TAKING CARE OF
Your Heart?

Get Up And Get Moving!
Keep Your Heart Healthy
With Loop PT!

Exercise Essentials
Stay In Shape While
Staying At Home!

Patient Testimonial
Read Why Our Patients Love
Loop Physical Therapy!



Physical Therapy

NEWSLETTER

ARE YOU TAKING CARE OF *Your Heart?*



February is American Heart Month. Since Valentine's Day is right around the corner, it's a fantastic time to start loving and appreciating the organ responsible for keeping you alive: your heart!

The heart's primary function is to pump oxygen-rich blood throughout your body. Since your heart is vital to your survival, it's necessary to keep it in good shape by eating a well-balanced diet, exercising regularly, and avoiding anything that can cause damage to it.

Physical therapy at Loop Physical Therapy can help you improve your heart health and fitness in various ways! This month is all about showing the ones you love how much you love them, but don't neglect yourself in the process!

Make an appointment with our clinic today to learn how you can maintain good heart health and overall fitness this year.

Tips for better heart health

When your heart doesn't get enough attention, significant problems might arise in the artery lining, leading to plaque buildup. You may have heard of plaque on your teeth, but this kind of plaque is different! Plaque forming in your arteries is the cause of heart attacks and artery blockages. Taking action and maintaining a healthy lifestyle will assist you in making sure your ticker is in tip-top shape!

The following are some of the ways you can make sure your heart continues to perform at its best.

- **Exercise to increase your heart rate:** Walking and biking around your area regularly can help you raise your heart rate. Exercising regularly can help you lose weight and enhance your attitude as well.
- **Participate in strength training:** Strength training is one of the most effective injury-prevention strategies. Your therapist can help you develop safe strength-training techniques.
- **Maintain mobility of the joints and muscles:** Stretching keeps you active and makes you feel better. Knowing the right workouts and therapies for your joint and muscle pain will help you feel better and enhance your overall health.
- **Eat healthy meals:** Nutrition plays a huge role in heart health. Fruits, vegetables, whole grains, low-fat dairy, legumes, skinless chicken and lean meats, and fatty fish such as salmon should all be in your diet. Saturated and trans fats, salt, and added sugar should all be avoided. You should also limit your salt intake, especially if you already have high blood pressure.

KEEP YOUR HEART HEALTHY WITH LOOP PT!



• **Manage your stress:** Stress can raise blood pressure, so do your best to find daily ways to relax. Exercising, getting adequate sleep, stretching before bed, or taking a nightly warm shower are all things that could help with relaxation. Alternatively, scheduling 15 minutes of quiet time each day to unwind can also be helpful. The heart is a muscle, remember? The less stressed out you are, the less tension and stress you place on your heart.

The best approach to keep your heart strong and healthy is to exercise regularly. It's a natural, safe, and effective way to help improve your heart function! Physical therapy is an excellent method to add additional physical activity to your daily routine.

Physical therapy can help you take care of your heart

If you're looking for a safe way to improve your heart health, physical therapy is a great option.

Our team comprises movement experts who have the knowledge and training to evaluate and treat several kinds of acute and chronic pain conditions and abnormal physical function related to an injury, disability, disease, or unhealthy lifestyle.

We play a leading role in preventing, reversing, and managing lifestyle-related conditions. Our therapists are movement experts who can help patients improve their heart health by advising them on lifestyle adjustments. Therapy for improved heart health may also include daily exercises and stretches, many of which you can perform at home on your own!

Participating in regular physical therapy appointments can help lower your cholesterol and blood pressure, significantly decreasing your chances of cardiac arrest in the future.



NOW OFFERING COVID TESTING!

FREE! COVID PCR testing kits are now offered at our Edgewater location.

Please allow 3 days to process your results, this is a great way to test for upcoming travel. Stop by today to take a test in the clinic, or take a few home with you in case you start to feel sick.

WHAT PATIENTS ARE SAYING!

"I'm currently working with TJ. This was my second attempt at PT for my vestibular issues which affect my gait and balance. My first PT made my problems worse because he didn't have the skills with neuro physical therapy TJ has. I've been working with TJ for just over a month and have already experienced significant improvement. I strongly recommend TJ at Loop Physical Therapy for balance and gait issues." — Christine S.



**LOOP PHYSICAL
THERAPY CENTERS**

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

Every program Loop Physical Therapy designs is based on the patient's individual needs. Learning to move without injury or pain is a significant part of our physical therapy programs. We use objective measurements to determine the level of strength and fitness and build your program accordingly. Your therapy program will never push your body past what it can safely handle.

We can guide you through proper exercises and specialized treatments to relieve your joint and muscle pain, increase your strength and flexibility, and improve your overall health by getting your blood flowing and your heart rate up.

Love your heart, love your life

This month is all about loving and appreciating others, but don't forget to take care of yourself!

Caring for your heart is just as important as caring for any other part of your body. After all, you've only got one, so you must look after it properly! Physical therapy can help you get back into shape in a safe, healthy way while also considering your heart's limits, needs, and overall function.

Are you looking for assistance with improving your heart health and increasing your strength and physical activity? Our team at Loop Physical Therapy would love to help you live the highest quality of life possible. Contact us this month to learn how you can improve your heart health by incorporating more physical activity into your life!



CALL US TODAY!
(312) 635-5463

GETTING BIGGER & BETTER!

In celebration, of our upcoming Edgewater clinic expansion, we want to thank our patients for their support by offering a **FREE** Acupuncture Consultation (valued at \$150). Your support means the world to us, so we want to share the love!

Our new expanded clinic will offer:

- Acupuncture
- Massage Therapy
- Chiropractic Care
- Vestibular Rehabilitation

Call our Edgewater location today to schedule your **FREE ACUPUNCTURE CONSULTATION!**

Hurry! Offer valid till the end of March 2022.

EXERCISES TO DO AT HOME!

Lunge And Lateral Lunge



Setup

- Begin in a standing upright position with your feet shoulder width apart and arms resting at your side.

Movement

- Keeping your trunk upright, step forward and lower your

body toward the ground into a lunge position, then carefully return to the starting position. Next, step to the side with one leg, lowering your body into a lunge position, then carefully return to the starting position. Repeat 3 sets x 10.

Tip

- Make sure to keep your trunk steady. Do not let your front knee collapse inward or move forward past your toes as you lunge.

Wall Pushup

Setup

- Begin in a standing upright position with your arms straight and your hands resting on a wall at shoulder height.



Movement

- Bend your elbows, leaning your body toward the wall, then push yourself back into the starting position. Repeat 3 sets x 10.

Tip

- Make sure to bend only at the elbows and keep the rest of your body straight during the exercise and brace your core.

Wood chop



Set up

- Squat and twist left to hold the dumbbell on the outside of your left leg.

Movement

- Exhale and lift the weight diagonally across your body, twisting to the right until the

ball or dumbbell is above your head. Pivot on your left foot as needed.

- Control the weight back to the starting position to complete one rep. Repeat 3 sets x 10.

Tip

- Remember: you are moving with force but also control. Don't give in to the momentum of swinging the weight around.



LOOP PHYSICAL THERAPY CENTERS

Call Us! (312) 635-5463 • Visit Us! LoopPT.com

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