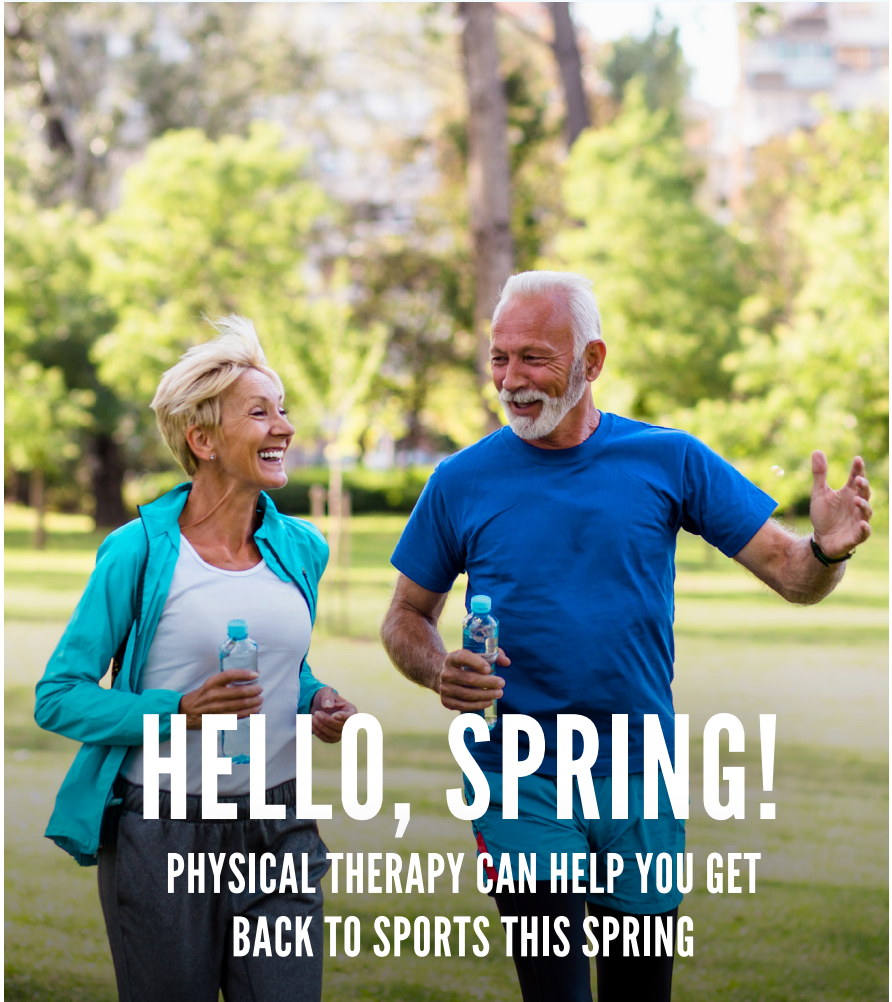




# Physical Therapy

N E W S L E T T E R



# HELLO, SPRING!

PHYSICAL THERAPY CAN HELP YOU GET  
BACK TO SPORTS THIS SPRING

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

*Get The Most Out Of Spring  
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

# HELLO, Spring!

## *Physical Therapy Can Help You Get Back to Sports This Spring*



Are you looking forward to the beautiful weather this spring? With so many great activities to look forward to, it's important to make sure your health is in tip-top shape for this season. At Loop Physical Therapy, our physical therapists can help you get over an injury and get ready for spring-time fun!

A physical therapy program can increase your fitness level and help you make the most of your favorite activities. Physical therapists are movement experts who understand the body's demands and how to prepare for activities like running, biking, and playing sports.

If you're looking to get more physical activity this season or finally resolve that old injury and aching joints, call Loop Physical Therapy today. We'd love to help you get in the best shape possible so you can participate in all of your favorite activities!

### **How physical therapy can help you be ready this spring**

• **Sports:** Being able to practice the sport you love, whether competitively or just for fun, is essential. Sports provide a way for you to get physical activity while having fun. Your

heart rate rises, your blood gets flowing, your muscles get the workout that they need.

Many sports injuries are caused by not training in the off-season or trying to do too much too soon. Improper training and conditioning can resurface old injuries and new injuries starting. Our physical therapists can help you implement effective strategies to prevent sports injuries this season.

A few common sports injuries that physical therapy can treat include:

- Ligament sprains
- Muscle strains
- Overuse injuries (i.e., tendonitis, joint pain)
- Cartilage tears

It doesn't matter if you play golf, softball, lacrosse, swim, baseball, or another sport. Our physical therapists at Loop Physical Therapy can help you get in shape and be prepared for the season. We can also guide you to recover from past injuries that may not have adequately healed.

# GET THE MOST OUT OF SPRING WITH LOOP PT!



Here are some excellent activities that can get you in shape and help you get back to playing the sports you love this season!

- **Biking:** Biking is a fun activity people enjoy as it warms up outside. Whether you are riding on the road or the trails, biking can prove to be difficult if you're suffering from injuries that have not healed or chronic pain conditions that restrict your mobility.

If you haven't been on a bicycle for several years, you can start out riding just a few times each week. The great thing about biking is that you can go as slow or as fast as you're able. Riding a bicycle will not only keep you active, even 15 or 20 minutes twice a week is a good start.

A physical therapist can show you the best way to ride the type of bike you own. Our physical therapist can help to mobilize your joints, build up strength and improve your endurance

so you can continue taking those long bike rides through the park, mountains, or city streets! Having the proper fit can ensure you spend time enjoying the ride instead of recovering from an injury.

- **Running:** One of the best activities to get in shape or decompress from stress is running. Unfortunately, new and old runners alike will experience injuries that prevent them from putting in the miles. Too often, runners ignore their injuries or don't resolve them entirely, only to worsen or develop a new problem.

While running may be your chosen spring activity, it certainly can be hard on the body, and without proper guidance, you may find yourself unable to run at all. That's why participating in a regular physical therapy routine at Loop Physical Therapy is such a good idea.



## 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 have been coming to Loop Pt since June 2021. I was being treated for my lower back due to having Ankylosing Spondylitis. Tj, Reagan and staff are nice friendly people. The staff is knowledgeable and takes their time with me patiently to do the exercises and explains to me what is going on with my body. I have noticed some improvements in my mobility and my posture. I would highly recommend Loop PT." — Jennifer M.*



LOOP PHYSICAL  
THERAPY CENTERS

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

If you're having difficulty running at the same levels of speed or distances that you're used to, it's a sign you should see a physical therapist ASAP for care. We'll make sure your muscles are strong, and your plan for training is sound. We can help make sure your joint health is up to par before you hit the trails this season.

### Request an appointment today!

Spring has sprung, and it's time for you to get back in the saddle when it comes to your outdoor activities and hobbies. Whatever you enjoy doing to stay active, our physical therapists at Loop Physical Therapy can make sure your body is fully equipped to handle it! Call our clinic today to schedule a consultation, so you can get out there and enjoy all spring has to offer!



**CALL THE LOCATION  
NEAREST YOU TODAY!**

## EXERCISES TO DO AT HOME!

**Mobilizing your body before and after a long day at the office is seriously underrated. It is just as important to dynamically stretch your muscles for inactivity as well as activity.**

By including this mobilization drill, and other daily mobility exercises such as Standing Scales and Deep Squat Holds, you will not only feel the benefits during exercise, but your body will be able to handle the pressure of sitting down all day to going for a 3 mile run after. Remember, as we age we must prioritize mobilization and stretching so our muscles can become stronger through working out.

### Lunge and reach



To begin, get into the high lunge position with your left foot forward and your right leg extended behind you.

Place your right hand on the ground so that it is level with your left foot. Aim to have the greatest range of motion throughout the movement as possible, with your goal being to touch the ground with your left elbow and twist to reach up towards the ceiling with your left hand.

Hold each position for around 2-3 seconds and then repeat on the other side for a total of 10 reps.

### Open book

Lie on your side. (You may rest your head on a pillow if you need neck support.) Start with both arms extended out in front of you. Next, raise your top hand toward the ceiling and follow your hand with your head to open all the way to where you are looking over your shoulder. Your hips stay still throughout this movement. For a greater stretch in your arms, actively reach fingertips away from you. Perform this movement 10x each side.



### Banded Hip flexor stretch



You can do this stretch without a monster band, but use of a heavy-duty stretch band to improve the your stretches and really take them to the next level.

Be sure to engage your core, keep your torso tall, and really squeeze the glute on the side you are stretching while using your toe on the side you are stretching to dig into the floor and push you into the stretch more. You'll feel the opposing-muscle contraction help to open up your hip flexor even more. Do this stretch for 30 seconds on each side.

*Spring Special!*

**FREE  
BODY COMPOSITION  
ANALYSIS**

When you leave a Google review  
for Loop Physical Therapy!



*We will contact you to set up your free consultation.  
Limited to current and past patients.*



# LOOP PHYSICAL THERAPY CENTERS

Call Us! (312) 635-5463 • Visit Us! [LoopPT.com](http://LoopPT.com)



# Spring Special!

SEE INSIDE FOR DETAILS!

## LOOP LOCATION

19 S LASALLE ST UNIT 503  
CHICAGO, IL 60603  
**(312) 635-5463**

## WEST LOOP LOCATION

16 N PEORIA ST  
CHICAGO, IL 60607  
**(773) 303-6521**

## EDGEWATER LOCATION

5315 N SHERIDAN RD  
CHICAGO, IL 60640  
**(312) 584-2043**