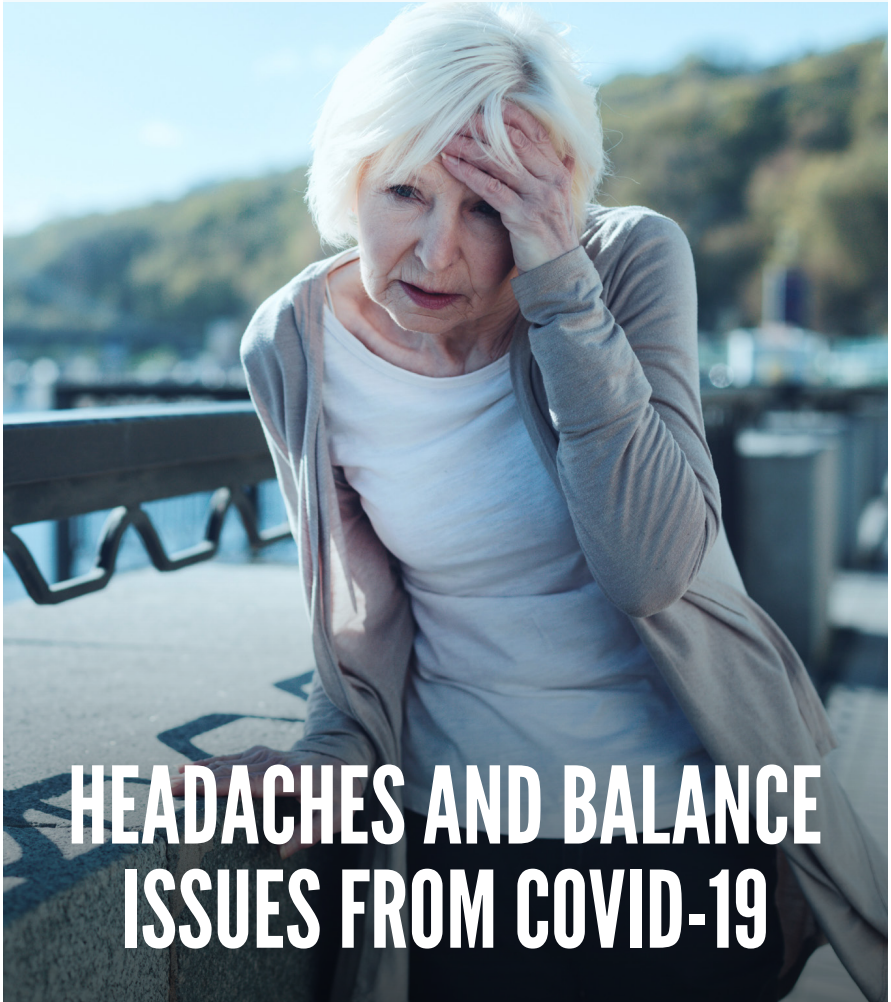




# Physical Therapy

N E W S L E T T E R



## HEADACHES AND BALANCE ISSUES FROM COVID-19

### ***Lingering Symptoms?***

*Get Back To Baseline 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

# HEADACHES AND BALANCE ISSUES FROM COVID-19



Are you still recovering from COVID and just can't shake the headaches? Are you noticing that ever since getting COVID, your balance has been off? You may benefit from a physical therapy consultation.

At Loop Physical Therapy, our team of physical therapists can help determine if your symptoms are musculoskeletal in nature or residual from COVID. Either way, we have solutions that work and help you feel good again!

Most of us will have a handful of headaches per year on average. There are many triggers for headaches, including physical and emotional stress. Some patients who have recovered from COVID-19 have experienced chronic headache pain as a lasting effect, and some have persistent balance issues.

Thankfully, our physical therapists stay up to date on the most current evidence to ensure a safe treatment is available for those dealing with this kind of condition. We can ease your headache symptoms and improve your balance by finding and treating the underlying cause(s).

Contact Loop Physical Therapy today to learn more about how physical therapy can help!

### **How Physical Therapy Determines If Covid Is Causing Your Symptoms**

While most people recover from COVID-19 without complications, some experience "post-COVID syndrome" and struggle to regain normal function. People who experience this phenomenon describe persistent symptoms that last weeks or months after their initial bout with COVID-19.

The most common symptoms of post-COVID syndrome are fatigue, shortness of breath, and coughing. Unfortunately, some patients report vestibular (i.e., dizziness and loss of balance) and other neurological symptoms like headaches.

If you've ever experienced a headache that causes you to feel like the ground beneath you is moving, it could have been related to your vestibular system and may be due to COVID-19.

The vestibular system of the inner ear and brain controls balance and how people understand their space. When it is affected, you will experience vertigo, unsteadiness, or dizziness, which can be triggered by movement.

# GET BACK TO BASELINE WITH LOOP PT

As time has passed, the list of side effects from COVID-19 has gotten significantly longer. People have reported different side effects, which can be much worse than others depending on age, pre-existing conditions, and other factors.

Lowered levels of overall strength and balance and gait issues are commonly reported amongst individuals recovering from the virus. This is especially true for older adults recovering from COVID-19—patients whose balance has been negatively affected by the virus run the risk of fall injuries.

## What to expect at your physical therapy appointments

Physical therapy treatment plans are designed to help you live a happier, healthier life. When you visit Loop Physical Therapy, our physical therapists will work with you to determine the underlying cause of your headaches and balance deficits. We will create a customized plan of action to help combat the effects COVID has on your life!

During our initial evaluation, we will conduct a thorough assessment of your joints, muscles, coordination, posture, vestibular system, and any other test to ensure we understand the extent of your limitations. This helps pinpoint the exact issue affecting your headaches and balance and whether it's a result of COVID-19 or a separate underlying condition.

Our therapeutic programs are designed to empower you through education to understand the nature of your condition and how to treat the condition proactively. Our interventions will include specific exercises, targeted stretches, and movement techniques to reset and improve your headaches and regain your balance!

## Contact Loop Physical Therapy today

If your headaches or balance issues are holding you back from living your everyday life, call to schedule an appointment with one of our physical therapists.

We can help you figure out the source of your problems and help you find your balance and pain-free life again!



LOOP PHYSICAL  
THERAPY CENTERS



**CALL THE LOCATION  
NEAREST YOU TODAY!**

LOOP  
LOCATION:  
**(312) 635-5463**

WEST LOOP  
LOCATION:  
**(773) 303-6521**

EDGEWATER  
LOCATION:  
**(312) 584-2043**

## NEW SERVICES AT LOOP PT!

**Shockwave:** \$60 (single session)

**Package: \$250 (5) / \$450 (10)**

**Cupping:** \$35 (single session)

**Package: \$250 (5) / \$450 (10)**

**Massage:** \$125 (single session)  
• \$65 (30 minutes)

**Package: \$500 (5) / \$955 (10)**

**Dry Needling:** \$45 (single session)

**Acupuncture:** \$125 (initial session) • \$85 (follow-up)

**Package: \$500 (5) / \$955 (10)**

**Herbal Consultation:** \$50 (single session)

## WHAT PATIENTS ARE SAYING!

*"This place is amazing, the staff are so kind but still it's awesome. They helped me out with my knees and now my upper back!!! I love coming here just to leave feeling like a whole new person!"*

— Cate Z.



LOOP PHYSICAL  
THERAPY CENTERS

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

# HEALTH VS. WELLNESS

You've most likely read about the importance of maintaining your health and wellness. However, health and wellness are two different things!

Being in good health can be described as the absence of physical diseases or illnesses as well as mental and emotional issues such as anxiety and depression. Your overall health pertains to your physical body and how effectively it functions—or does not.

Nutrition and exercise determine how healthy you are and how likely you are to develop acute or chronic illnesses. Factors such as genetics (having a family history of diabetes, weight gain, or other conditions) can also affect your health – you may be predisposed to some conditions more than others.

Focusing on your overall well-being, in particular, can help you maintain good health for the rest of your life! For example, you may be physically fit and disease-free, but your emotional health is deteriorating. "Wellness" refers to a healthy lifestyle that promotes happiness and satisfaction.

Being "well" does not depend on your health or your conditions. Wellness focuses on continually seeking balance in all aspects of your life, including your body, career, relationships, emotional well-being, and so much more! Your health and wellness work together to help you achieve a high level of well-being.

Working on getting your health and wellness in line together should be a high priority for you. Monitoring what you're eating daily, how much sleep you're getting, what your hobbies and interests are, and how much exercise you participate in can help you to stay healthy and keep a pulse on your wellbeing.

# EXERCISES TO DO AT HOME!



## Single Leg Stance on Foam Pad

**Setup:** Begin in a standing upright position on a foam pad with your feet together and arms resting at your sides.

**Movement:** Lift one foot off the pad, balancing on your other leg.

Maintain your balance in this position. Your goal is 30 seconds!

**Tip:** Try not to move your arms away from your body or let your weight shift from side to side.

## Single Leg Balance with Alternating Floor Reaches

**Setup:** Begin in a standing upright position.

**Movement:** Bend forward at your hips, lifting one leg straight behind you, and reach toward the ground with one hand at the same time. Return back to the starting position and repeat with your other arm.

**Tip:** Make sure to maintain your balance and keep your back straight (core tight) as you bend forward. Use tripod toes!



## Single Leg Balance with Four Way Reach and Rotation

**Setup:** Begin in a standing position, balancing on one leg with your hands resting on your waist.

**Movement:** Bend your knee and reach forward with your non-balancing leg, then bring it back to center. Continue by reaching to the side, then backward, then backward while rotating your hips, returning to the starting position in between each new movement.

**Tip:** Make sure to avoid gripping with your toes and try to prevent your trunk from wobbling.

## SUMMER OFFER!

Be entered to win an *immunity support basket* (a \$300 value) when you leave a Google review!



## DID YOU KNOW?

**FREE COFFEE** and **ORGANIC BLACK TEA** are available for Loop Physical Therapy patients — any time, any day, in **Turkish Kitchen!**



📍 563 W Diversey Pkwy, Chicago, IL 60614

Also, to get a 10% discount on delicious food in Turkish Kitchen anytime, mention the code:

**LOOPPTDISC10**



# LOOP PHYSICAL THERAPY CENTERS

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

Enter To  
Win!



SEE INSIDE FOR DETAILS!

## LOOP LOCATION

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