



TheraCORE Physical Therapy is a Community Advocate of the Lockport Township Park District and is offering the following free seminars the first Tuesday of every month in order to educate our community and keep our bodies healthy!

All classes are held at Challenge Fitness' Courtside Lounge and are taught by a licensed physical therapist.

Prevent the Pain

December 6, 2011 at 7pm

Injuries related to fitness regimes are typically overuse injuries. Learn about the most common overuse injuries experienced in a fitness setting. Gain an understanding of the causes, treatment, and prevention techniques to reduce injury time and get back to your workout routine. Learn the importance of stretching to help you stay flexible, maintain your range of motion and participate in pain-free activity.

Stretch To a New You

January 3, 2012 at 7pm

Stretching is a great way to improve flexibility, balance and posture. A daily stretching routine can also improve circulation, prevent injury and relieve joint pain! Learn how to correctly stretch the muscles of the body both statically and dynamically.

Sit and Stay Fit

February 7, 2012 at 7pm

Are you stuck in a chair most of the day at work? Do your joints hurt if you exercise in standing? Are you unsteady on your feet or too weak to tolerate standing for long periods of time? Then this class is for you! Learn how to stretch and strengthen your muscles from a seated position.

A Step Ahead

March 6, 2012 at 7pm

Gain an understanding of common foot and ankle injuries and how to prevent them. This class emphasizes the importance of good shoe wear and proper gait mechanics in keeping your feet healthy.

Dr. Nicholas Parilli, DPM from Des Plaines Valley Foot Care will be co-teaching this class.

All classes are *COMPLIMENTARY* to members of the community!!

2021 Lawrence Avenue Lockport, IL 60441-4414



(815) 838-3621