

TheraCORE

Physical Therapy

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(815)838-5070 www.theracorept.com

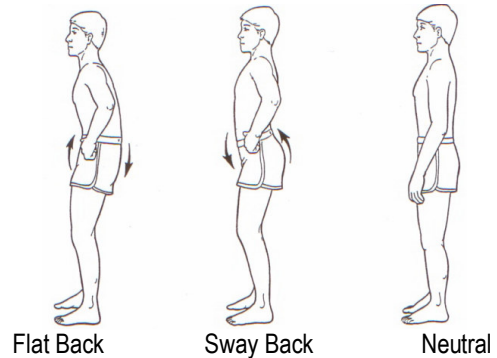
August/September 2010

Back pain is rarely the result of one incident or injury. It is important to understand that most back injuries are the result of a combination of poor posture, incorrect body mechanics, stress, loss of strength and/or flexibility, and a general lack of physical fitness for periods of months or even years. If you understand that poor posture, slumped sitting, improper lifting, twisting, weak abdominal muscles, and even emotional tension can lead to a back problem, it will become clear that changing some of these factors can prevent or even cure a back disorder.

Physical Therapy intervention can play a vital role in resolution of back pain. During this intervention, your physical therapist will address the following concepts in efforts to combat injury and initiate recovery:

- Maintain correct posture
- Use proper body mechanics
- Improve flexibility
- Increase Core Strength
- Use of modalities

It is a good idea for anyone with low back pain to stretch daily. Since everything we do throughout the day puts our spine into a flexed forward position, it is important to stretch into extension and allow the spine to go through its' full range of motion. Having tight muscles, especially in the hamstrings, can put excess strain on the lumbar spine.



Maintaining proper posture as well as the use of good body mechanics are the best things that you can do to prevent injury which could cause back and neck pain.

Back Clinic

One hour interactive informational sessions are taught by a physical therapist. All participants will receive a handout discussing topics of class and a detailed report can be sent to their physician.

Walk-ins are welcome!

\$40/class for those participants that are not currently undergoing physical therapy at TheraCORE, Inc.

**** Classes are limited to 15 students ****

Call in advance to reserve your spot.

UPCOMING Class scheduled 7:00-8:00 PM
Monday, August 30th, 2010

Please contact us at (815)838-5070 for more information.

You can find out more about TheraCORE, Inc. and our employees by visiting www.theracorept.com

September is Yoga Awareness Month



Yoga has many therapeutic benefits:

- Improved flexibility
- Strengthened core muscles
- Increased postural awareness
- Improved balance
- Reduced asthma-type symptoms
- Decreased risk of osteoporosis
- Enhanced mind-body connection
- Lowered blood pressure
- Reduced stress

Come join one of our weekly Yoga Classes and experience all of the benefits for yourself!

Classes are directed by a Physical Therapist
and held every

Wednesday from 7:15PM-8:05PM



What is Scoliosis

Scoliosis is defined as an abnormal curvature of the spine. While often scoliosis is associated as a pediatric disorder, it may affect individuals of any age, and it is estimated that nearly 816,000 people in the United States exhibit some form of scoliotic curve in their spine. A majority of scoliosis cases, nearly 85% of all cases, are of insidious onset meaning that there is no known cause. Certain factors may increase your risk for scoliosis including age, as your risk increases around growth spurts. In addition, while females are more likely to develop scoliotic curves, having a family history of scoliosis increases your risk as well. While there are several risk factors which contribute to the development of scoliosis, the single most important factor in prevention is to receive regular screenings by a medical professional. A majority of scoliosis cases are flexible or nonstructural in nature meaning that they can be fixed. More importantly if caught early enough they can be fixed without the use of surgery or braces. Physical therapy intervention can play an important role in conservative treatment of scoliosis.



For more information regarding

FREE SCOLIOSIS SCREENINGS
At THERACORE

please contact us at (815) 838-5070