

TheraCORE

Physical Therapy

16622 W. 159th Street STE 503, Lockport, IL 60441

(815)838-5070 www.theracorept.com

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It's your Physical Therapy – It's YOUR choice

It's happened to so many of us at one point or another. We are in an accident, which causes an injury. The next thing we know, our doctor is handing us a prescription to go to PT. Because we don't plan for accidents, we don't know that WHO our Physical Therapist is, WHAT they offer, and WHERE they are located will all be factors that will impact a great portion of our lives for some time to come. The average prescription for PT is for 2 to 3 visits per week, for a 4 to 6 week period. You will want to be spending time in an atmosphere where you enjoy and respect the Therapists that you are working with. You will want to graduate from therapy with a feeling of completion – feeling healed, and empowered to avoid future injuries. We realize that it is *your* choice, when it is time to pick a physical therapy clinic. This is the reason that we do things different at TheraCORE.

What Sets TheraCORE Physical Therapy apart:

- Physical Therapist owned.
- One on One patient evaluation and treatment.
- Treatment by licensed Doctors of Physical Therapy only.
- Full One Hour treatment sessions.
- State of the art facility with all modern equipment.
- Extensive involvement in patient & community programs.
- Over 10 Years of staff experience.

Other Services TheraCORE offers:

- Complimentary Injury Screenings
- Work Injury
- Sports Injury
- CORE Stability Program
- Pre and post surgical rehabilitation
- Convenient Clinic Hours from 7am-7pm M-F

Because we know that knowledge is power, we have chosen to incorporate many supplemental therapies that will help our patients, neighbors, and their families live healthier lifestyles, which will, in turn, help them to decrease the possibility of future injury. At the beginning of May, we opened a full service Fitness Center, located in the same building as our PT Clinic. We are offering monthly memberships for people who would like to start a healthy work out plan under the direction of a Doctor of Physical Therapy. *We also offer Nutritional Counseling, Massage Therapy, Yoga and Pilates.*



If you are interested in incorporating relaxation, nutrition and fitness into a healthy lifestyle under the guidance of trained professionals, call:

(815) 838-5070 or visit www.theracorept.com
for information about our Fitness Center or to
schedule a tour.

Hatha Yoga

Yoga can help to reduce stresses and improve your overall health. It is a relaxing yet energizing whole body work-out with an emphasis on alignment, developing both strength and flexibility in order to create long, lean muscles. Hatha Yoga classes are offered at TheraCORE Fitness Center every Monday from 7:15pm-8:05pm. Mats are provided.



Massage Therapy

While many people know that one of the benefits of massage therapy is relaxation, most do not realize that there are many physiological effects that can enhance anyone's state of health. An increasing number of research studies show massage reduces heart rate, lowers blood pressure, increases blood circulation and lymph flow, relaxes muscles, improves range of motion, and increases endorphins (enhancing medical treatment). Lack of exercise and inactivity due to illness or injury can result in weak, inactive muscles. Although therapeutic massage does not increase muscle strength, it can stimulate these weakened muscles. It also can hasten and lead to a more complete recovery from exercise or injury. TheraCORE Physical Therapy is pleased to offer Massage Therapy to our patients, to aid in their recovery process.

All classes at TheraCORE Fitness Center can be modified to meet the needs of all experience levels. Our classes are taught by Amy Goebbert and Jen Bazan, both Doctor's of Physical Therapy.

Nutrition

While you already know it is important to eat a healthy diet, you may find it more difficult to sort through all of the information about nutrition and food choices. At TheraCORE, we are dedicated to helping our patients enjoy a healthy lifestyle. A balanced diet is important to people in all stages of life: A competitive athlete who needs that extra edge; an expectant mother whose caloric and nutritional needs are not only her own; A patient recovering from recent surgery. It is important to understand that a balanced diet can not only keep you at a healthy weight, but it can also aid in the post-operative healing process, decrease inflammation and may also deter common chronic systemic diseases such as cardiovascular disease, diabetes, and osteoporosis. Our nutritional counseling will give you the tools you will need to improve your nutritional intake according to your specific needs.



Mat Pilates

Pilates is an invigorating work-out that helps to tone and lengthen the core muscles of your body. This method was designed to focus on the activation of core muscles to help keep the body balanced. These muscles are essential to providing support for the spine and improving overall posture. Pilates exercise teaches awareness of breath, alignment of the spine, and aims to strengthen the deep muscles of the abdomen, back, hips and gluts. Mat Pilates classes are offered at TheraCORE Fitness Center every Thursday from 7:15pm-8:05pm.

Call today for more information

Or to book an appointment

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