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(815)838-5070 www.theracorept.com

May/June 2011

Thank you to everyone who attended our Open House on April 15th to celebrate the advancement here at TheraCORE. It was wonderful to experience the support of our referring physicians, past and current patients, business associates and the Lockport community! Those who attended had the opportunity to meet our new staff members, learn about all of the new services we offer, and get an update on this year's Third Annual 3for3 run/walk.

In case you were unable to attend, or if you would like a reminder of something that was of interest to you, we are using this issue to update you on all of the current events at TheraCORE.

Welcome Erin McElheny, PT, DPT

TheraCORE welcomed Erin McElheny, PT, DPT to our team in April 2011. Erin received her Bachelor of Exercise Science from North Central College in Naperville, Illinois. She completed her Doctor of Physical Therapy at Midwestern University in Downers Grove, Illinois. Erin has over 4 years experience as a physical therapist in an outpatient setting. She is currently perusing certification in the Graston Technique and Sports Nutrition.

To contact Erin, or to schedule an appointment, call TheraCORE at **(815)838-5070**.

The Graston Technique®

The Graston Technique® is a treatment method designed to integrate stainless steel instruments into normal physical rehabilitation. These instruments are specially designed to work on injuries in different parts of the body. They work like a stethoscope with the treating clinician's hands, magnifying the location of soft tissue restrictions in structures such as muscles and tendons. Once the problem area has been located, it is also treated with these instruments, allowing the clinician to get deeper into the tissue than with their hands alone. This treatment works well for chronic and acute conditions from shoulder and neck pain all the way down to plantar fasciitis and Achilles tendonitis.



To schedule a complimentary Injury Screen, call
(815)838-5070

TheraCORE's

Third Annual 3for3 Three Mile Run/Walk

was on May 21st, 2011. The event was held at Hickory Creek Junction (Old Plank Trail) on Route 30 (just west of Wolf Road) in Mokena, IL. Once again we had perfect weather, and an incredible turn out. This event helped to put Team TheraCORE over their \$25,000.00 goal for this year's Susan G. Komen 3Day for the cure. Over the first weekend in August, 11 team members will be walking 60 miles each to raise money to aide in finding a cure for breast cancer. For more information about the 3for3 or the Susan G. Komen 3day for the cure, contact TheraCORE at (815)838-5070.



A special thanks to Sarah Sergeant for her work photographing this years' event. To view or purchase pictures, visit: www.snapfish.com e-mail address: jen@theracorept.com and password: 3for32011.



Upcoming Classes available at TheraCORE

Restore Your Core !!

June 30th 6:30-7:30PM @ TheraCORE

Instructor: Kelly Jenson, MPT

Learn more specifically about core anatomy, body mechanics, pelvic floor exercises, common pelvic and pregnancy related disorders, safe and effective abdominal strengthening, and how to "Restore Your Core!". The cost of this class is \$20, which includes a 2 week complimentary membership to TheraCORE Fitness Center and all fitness Classes. Call (815)838-5070 to reserve your spot in this class!

Weekly Fitness Center Classes

Mat Pilates

Tuesdays 7:15-8:15PM taught by Kim Nachowicz

Pilates exercise teaches awareness of breath, alignment of the spine, and aims to strengthen the deep muscles of the abdomen, back, hips and gluts.

Yoga

Wednesdays 7:15-8:05PM and Fridays 9:00-9:50AM

Instructor: Jan Yuvan

Take charge of your own healing process by being attentive to the message your body is sending and responding accordingly.

Fitness Ball

Fridays 12:00-12:50PM Instructor: Kelly Jenson

Work up a sweat and challenge your core strength, balance and flexibility with a series of exercises using a fitness ball.

Fight Fit Conditioning

Saturdays 2:30-3:20PM Instructor: Basil Idelah

Get a great cardiovascular workout while learning self-defense moves!

For more information about TheraCORE's Fitness Center, visit www.theracorept.com

Welcome Kim Kramer, RD, LDN

TheraCORE welcomes Kim Kramer, RD, LDN to our team! Kim has over 6 years of experience in clinical and wellness nutrition. She is also very involved in the community as President of the South Suburban Dietetic Association and an Illinois Dietetic Association Media Representative. She is very excited to serve the clients at TheraCORE with their nutritional needs.

If you are interested in meeting with Kim, you can contact TheraCORE at (815)838-5070, or you can e-mail Kim at nutrition@theracorept.com.

Nutrition Classes

TheraCORE presents a 3- part nutrition series with the HOT topics in nutrition. You can sign up for all 3 and pay a discounted price of \$50, or sign up for individual classes for \$20 each. All of the classes in the series are taught by Kim Kramer, RD, LDN.

Wednesday, June 15th @ 7:00PM

Meal Planning: Learn what it takes to make quick, easy and inexpensive meals at home that are healthy AND taste great!

Wednesday, July 13th @ 7:00PM

Food Label Reading: Food labels can be intimidating, so you can learn exactly what to look for to make sure you are choosing the right foods, but not spending hours in the grocery store!

Wednesday, August 10th @ 7:00PM

Grocery Store Tour: Use all you have learned in the previous two classes to compare food labels and shop for healthy meals. Class will be held at the Lockport Jewel-Osco.

Call (815)838-5070 to register.

You must register by Friday, June 10th to receive the discounted rate of \$50 for the 3- part series!

For more information regarding nutritional services offered at TheraCORE, visit www.theracorept.com or call (815)838-5070

Start off the summer with fresh fruits and vegetables

The summer kicks off many local Farmers' Markets and farm stands in the area. These give us a wonderful opportunity to support local growers and to enjoy the freshest produce on the market.

Growers are most often picking the produce to be sold at the markets within days before the start of the market. The precise timing ensures that only the freshest produce is available. The price of produce at a farmer's market is also comparable to that sold at a local supermarket.

The freshness of produce can be sustained through some simple household techniques. The way in which freshly bought produce is stored at home will certainly affect its shelf life. However, most produce should be used within a few days of purchase. It is best to keep most fruits and vegetables unwashed and in the refrigerator until ready to consume so that they do not spoil soon after purchase. Produce such as apples, oranges, onions, potatoes, carrots, beets, and radishes can last in the refrigerator for about 2 weeks whereas grapes, tomatoes, lettuce and melons usually last for less than a week.

One thrifty way to obtain fresh fruits and vegetables is to grow them in a garden. Fresh produce can be easily grown in your own home garden. Gardening is a great hobby that can produce healthy benefits. A few dollars on soil, seeds, or a starter plant is money well spent once your garden is full of color in the middle of summer. Even if you do not have a backyard or space to plant produce, many fruits and vegetables can be grown in pots or planters.

Summer will usually end as quickly as it arrives. Be sure to take advantage of these wonderful opportunities to enjoy your favorite produce.

