

# TheraCORE

## Physical Therapy

16622 W. 159<sup>th</sup> Street STE 503, Lockport, IL 60441

(815)838-5070 [www.theracorept.com](http://www.theracorept.com)

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### TheraCORE is expanding!

We are excited about the growth that we have continued to experience at TheraCORE. It is confirmation, in a way, that people are looking for something different when it comes to their physical therapy. Thank you, for being a contributing factor to our success!

Because of the advancement we have experienced since we opened in June of 2008, it has become necessary that we hire a new Physical Therapist to help with our maturing patient population. We are pleased with the diversity that Tim Rylander, MPT brings to our team. Tim's extensive experience and skills will be a great asset to TheraCORE and our patients. His special interests include; Pediatrics, Neurological and Vestibular Rehabilitation, and Manual Therapy.

In this issue, we will explain some of the sub-categories of physical therapy that are new specialties to our practice.



### Pediatric Torticollis

Torticollis, otherwise known as "wryneck" is a condition affecting the muscles of the neck. One of the hallmark signs of torticollis is a combined tilted and rotated head. This fixed posture may result in a flattening of the skull, delayed motor development, and even delayed cognitive development. Congenital torticollis occurs in roughly 0.3-2.0% of all births and most commonly affects the right side of the neck. The most commonly associated posture found with torticollis includes a head rotated to the left, tilted forward with the right ear tipped towards the right shoulder. This limits the child's field of view, their hearing, and may profoundly limit their mobility. The most common course of treatment for this condition is physical therapy. Specific stretching, therapeutic handling, and exercise techniques are utilized to help restore proper biomechanical function and promote typical development of motor skills.

It has been reported that the incidence of torticollis is on the rise, and this has been attributed to two factors: increased physician awareness, and decreased tummy time. Torticollis is a serious condition which may delay motor development, and predispose your child to future orthopedic injuries; however it is a very treatable condition. It is important that you have your child screened early if you suspect any abnormality; speak to your doctor or schedule a complimentary developmental screening at TheraCORE Physical Therapy with one of our pediatric clinicians if you need more information.

## Vestibular Rehabilitation

*What does my "Inner Ear" have to do with my balance?*

The "inner ear" is one component of your vestibular system. Your vestibular system is the portion of your neurological system which helps the body sense acceleration, and gravity. The brain utilizes visual information from your eyes, pressure and positional information from your joints and gravitational information from your vestibular system to figure out where your body is in space. When your brain receives conflicting information from these three sources the end result may be severe dizziness or a significant decrease in balance.

*What is vestibular rehabilitation?*

Vestibular rehabilitation is a subspecialty within the physical therapy profession. Vestibular rehabilitation utilizes manual therapy techniques along with therapeutic activities/exercises in order to assist individuals with vestibular deficits overcome their difficulties. A licensed therapist will examine a patient, explain their evaluative findings to that patient, and then create an individualized treatment plan for the patient. Often that treatment plan includes a significant educational component, manual techniques which may include particle repositioning techniques, and therapeutic exercises to increase balance, and decrease dizziness.

*Does vestibular rehabilitation work?*

Research shows that vestibular rehabilitation is more effective than medication in the treatment of balance and postural disturbances. When a person has a vestibular dysfunction, their body will compensate in order to help avoid situations which cause symptoms. Unfortunately, these compensations may cause significant visual disturbances, even increased muscular tension, headaches, or a multitude of abnormal movement patterns. Vestibular rehabilitation therapists are specially trained to help individuals overcome their symptoms in attempt to optimize their performance, decrease their risk of falls, and improve their overall quality of life.

Dizziness can be debilitating, and needs to be taken seriously. TheraCORE's vestibular rehabilitation specialists are dedicated to helping individuals overcome complaints of dizziness, foginess, deficits in balance, and sensitivity to motion and/or movement. Our licensed therapists have received specialized training dealing with these issues, and will work with you to design a customized treatment plan that will help you reach your goals.



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Tim is available to assist with multiple diagnoses including: *scoliosis, club foot, cerebral palsy, hypotonia, toe walking, muscular dystrophy, torticollis, hip dysplasia, and any orthopedic concern.*

He has available hours 9am to 7pm on Mondays, Tuesdays, Thursdays and Fridays.

**Call (815) 838-5070 to schedule an appointment today!**

### Upcoming Events

Come see **TheraCORE** at

Orland Park's Turkey Trot on Nov 26<sup>th</sup> starting at 7:00  
&  
Lockport's Jingle Bells 5K on Dec 5<sup>th</sup> starting at 7:00  
to receive stretching and to get answers to your injury questions.

*For more information on locations and starting times call 815.838.5070*