



11741 Southwest Highway, Palos Heights, IL 60463 (708) 361-8052

### Preparing for Winter Storms

Severe winter storms can cause widespread damage and disruption.

Heavy snow often results in paralyzed transportation systems, automobile accidents due to slippery roads and stranded vehicles. Nearly 80 people in the United States die from winter storms and extreme cold every year, which is more than the fatalities due to tornadoes!

The Illinois Emergency Management Agency (IEMA) has developed a Winter Storm

Preparedness document with tips on staying safe and warm during the winter months.

(Continued on the next page)

### Our Location

Commitment Physical Therapy is located at 11741 Southwest Highway Palos Heights.

### Our Hours

We are open Monday thru Friday from 9:00am until 5:00pm.

For your convenience, we also offer extended and weekend hours by appointment only.

## PHYSICAL THERAPY

If your ability to move and function has been compromised by injury or disease, physical therapy may be what you need to return to health and normal functioning. Physical therapy is used to treat a variety of conditions including orthopedic conditions such as low back pain; injuries to bones and connective tissue, including fractures, dislocations, and sprains; workplace injuries such as repetitive stress disorders and sports injuries.

Physical therapy can also be an important part of the care involved in healing both before and after a variety of surgeries and other procedures. In many cases, physical therapy is an effective, low-cost, low-risk, and non-invasive alternative to surgery. Another advantage of physical therapy, as opposed to surgery and drugs, is that it seeks to address the underlying causes of conditions (poor posture, for example) and to help the patient manage the condition through simple exercises and changes in lifestyle.

### **How do we treat conditions and provide care?**

Your physical therapist

begins treatment by putting together a thorough background history of your injury and how it affects your life, reviewing your general health and activity level, and discussing your goals for therapy. Your therapist then evaluates the area of your body involved to determine the exact nature of your injury and what issues or factors that may have contributed to it. This evaluation may include mobility assessment, strength assessment, neurological testing, joint mobility assessment and other tests.



Following the evaluation, your therapist provides treatment aimed at the source of your injury. Treatment varies based on the injury, but generally includes hands-on care to improve mobility and strength, education on posture and other factors, and exercises designed specifically to help you overcome your injury.

Various modalities (ultrasound, light therapy, electrical stimulation, vasopneumatic compression, heat, ice, etc.) may be utilized at the discretion of your therapist to increase tissue mobility, reduce pain, reduce swelling, and maximize the benefits of treatment.

Our staff will tailor your rehabilitation program to your needs, teaching you how to perform your exercises-including exercises you can do at home, if appropriate. Commitment physical therapists emphasize patient involvement in the recovery process and believe that home exercise and stretching programs, as well as education regarding body mechanics and ergonomic factors, are important elements of the recovery process.

### **What conditions do we treat with physical therapy?**

Commitment Physical Therapists specialize in the hands-on care of a wide variety of injuries. The following list is extensive but treatment is not limited to the problems listed.

Also, the Illinois Department of Public Health offers a free guide called "Weathering Winter" to help people stay safe and healthy during winter. The guide addresses cold weather preparations including safety tips for using furnaces, fireplaces and space heaters; fire safety; weather terms and understanding wind chill; preparing for severe weather; maintaining your water supply; winterizing your vehicle; and safe winter driving.

There is also health information about colds, influenza, hypothermia and frostbite. The guide includes safety information about all winter sports as well. Holiday safety information about holiday cooking, toy safety, and drinking and driving plus more are also included.

A free copy can be obtained by contacting:

IL Dept of Public Health Division of Communications  
535 W. Jefferson St.  
Springfield, IL 62761  
(217) 782-5750 or on their website:

<http://www.idph.state.il.us/public/books/weathwinter02.pdf>

The information above is provided by Keep Warm Illinois which also has a great deal of helpful information. Their website is [www.keepwarm.illinois.gov](http://www.keepwarm.illinois.gov) or their hotline is (877) 411-WARM



## Continued: PHYSICAL THERAPY

### Spine (from neck to lower back)

Herniated disc; nerve compression; spinal stenosis; instability; radiating pain into arm or leg; neck or back pain; degenerative disc disease; degenerative joint disease/arthritis of the spine (spondylosis); sprains/strains; whiplash and other post-traumatic injuries; post-fracture rehabilitation; thoracic outlet; osteoporosis; rheumatoid arthritis; pre- and post-operative care for disc fusion; discectomy; foraminotomy; laminectomy and other procedures.

### Shoulder

Rotator cuff tendonitis and tears; bicep tendonitis; frozen shoulder (adhesive capsulitis); shoulder impingement syndrome; repetitive strain injuries; bursitis; rheumatoid arthritis; pre- and post-operative care for total shoulder arthroplasty; rotator cuff repair; tendon repair, stabilization procedures and other procedures.

### Hand and elbow

Tennis elbow (lateral elbow pain, lateral epicondylitis); golfer's elbow (medial elbow pain, medial epicondylitis); repetitive stress injuries; tendonitis and bursitis; tenosynovitis; overuse injuries; carpal tunnel syndrome; rheumatoid arthritis; nerve compression injuries; pre- and post-operative care for carpal tunnel procedures; nerve translocation; tendon repairs; fractures and other procedures.

### Hip

Osteoarthritis; fractures; rheumatoid arthritis; tendonitis; bursitis; weakness and difficulty walking; balance issues; groin strain and sports hernia; pre- and post-operative care for arthroscopic labral repair; arthroscopic chondroplasty and other similar hip surgeries; total hip arthroplasty (replacement) surgery; fracture repair (ORIF) and other procedures.

### Knee

Tendonitis; patellofemoral syndrome; chondromalacia patella;

meniscal cartilage tears; ligament injuries; balance issues; muscle strains; overuse injuries; fractures; specialized preventive care for ACL injuries; pre- and post-operative care for ACL (anterior cruciate ligament) tear and reconstruction surgery; meniscal transplant; meniscectomy and meniscal repairs; chondroplasty; femoral and tibial osteotomy; fracture repair and other procedures.

### Ankle & Foot

Ankle sprains; ligament injuries; instability; ankle impingement syndrome; cartilage injuries; overuse injuries; achilles tendonitis; achilles tendon tears; tendonitis; plantar fasciitis; balance issues; bunions metatarsalgia (forefoot pain); flexor plate injuries; fractures; pre- and post-operative care for ankle reconstruction, total ankle arthroplasty (replacement), ligament repair, tendon repair, achilles tendon repair, bunionectomy, cartilage repair, neuroma surgery and other procedures.

For more information about Commitment Physical Therapy please check our website at:

[www.commitmentpt.com](http://www.commitmentpt.com)

## Patients' Comments



"There is warmth, compassion and socialization even with other patients."

J.M. Evergreen Park, IL

"Dr. Naglaa is an outstanding and knowledgeable person—Very respectful of individual patients." M.M. Oak Lawn, IL

"Dr. Naglaa made you feel like you were her only concern."

R.C. Chicago, IL

"Dr. Naglaa was great and always pleasant to be with."

D.T. Midlothian, IL