

Refined Commitment



Commitment Physical Therapy

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

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Did you know that heart disease is the number one killer in the U.S.? There are many different forms of heart disease. The most common cause of heart disease is narrowing or blockage of the coronary arteries; the blood vessels that supply blood to the heart itself. The risk of heart disease increases as you age. You have a greater risk of heart disease if you are a man over the age of 45 or a woman over the age of 55. There are many things you can do to reduce your chances of getting heart disease. Keeping your blood pressure under control, exercising regularly, quitting smoking and eating healthy can reduce your chance of heart disease.

Our Location

Commitment Physical Therapy is located at:

11741 Southwest Highway in 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.

Joint Rehabilitation

Knee

Physical therapy is an effective way to decrease knee pain, edema, and increase strength, endurance and range of motion. Many different types of knee problems can be aided with therapy such as pre/post surgical arthroscopy procedures, ligament reconstruction, and total knee replacement. Non-surgical problems such as patella-femoral pain, arthritis, low grade ligament injuries and many other knee difficulties can also be helped with physical therapy.

Ankle

The most common ankle injury is the inversion ankle sprain. Other ankle injuries such as fractures, tendonitis and even compartment syndromes can be effectively treated with physical therapy. Management of acute swelling and obtaining active range of motion are often key in effective ankle rehabilitation. The heel is also an area often

treated in physical therapy. Here, difficulties such as plantar fasciitis, Morton's Neuroma, over pronation, and many other problems are dealt with.



Hip

Arthritic changes in the hip joint are one of the most common causes of hip pain. When a total hip replacement is required, physical therapy is an effective tool both pre and post surgically. Other problems with hips include trochanteric bursitis, piriformis syndrome (often linked with sciatic-type pain), and tendonitis.

TMJ

TMJ (Temporal Mandibular Joint) of the 'jaw' can be extremely painful.

Here, patients have difficulty opening/closing their mouth as well as having pain with chewing and talking. The joint itself is contained inside the mouth, so physical therapy often involves treatment on the face and inside the mouth for mobilizations. Dentists often give patients with TMJ a splint to wear at night to help prevent overuse of the surrounding

musculature and grinding of the teeth.

Shoulder

Most shoulder injuries respond well to physical therapy. Rotator cuff tendonitis, tears, and strains are very common. Post-surgical rehabilitation following an arthroscopy surgery or even a rotator cuff repair is common. Other injuries such as subluxations/dislocations, frozen shoulders, and acromioclavicular separations can be treated with physical therapy.

Continue: Joint Rehabilitation

July is the celebration of our Country's birthday. Commitment Physical Therapy wishes everyone a happy and safe 4th of July. Finally summer has arrived in Chicago! Relaxation, family get-togethers, a nice frosty glass of iced tea and hopefully a sprinkler or two to enjoy. As you enjoy this summer be mindful of the sun being strongest between 10am and 2pm. Try to limit your time outdoors during these hours or if you must be outside remember to apply sunscreen liberally and often. Cutting the grass is another summer activity that is best to do early in the morning or late in the afternoon. Make sure to pace yourself and hydrate with water, if you feel thirsty you are already dehydrated! Whether you are cutting grass or weeding or any other fun summer chores avoid sudden movements or twisting your body, we don't want anyone getting injured...of course, I do know a great therapist!

Elbow

Lateral/Medial epicondylitis' are very common elbow injuries. Often referred to as tennis/golfer's elbow respectively, these are injuries that occur due to overuse, improper technique, or even trauma. The use of various modalities and even bracing can be effective in treating these problems. Other injuries including fractures and contusions must be dealt with to control pain and swelling and increase function.

Wrist

Various injuries such as fractures, tendonitis and overuse syndromes are commonplace in regards to the wrist. Carpal Tunnel Syndrome (CTS is effectively treated both pre and post surgically with physical therapy. CTS is a compression of the median nerve, other tendons, arteries and veins that travel through an area called

the carpal tunnel. Difficulty arises when the pressure in this 'tunnel' is increased due to swelling, overuse, or trauma. Surgically, the thick band of tissue forming the roof of the tunnel (called the flexor retinaculum) is cut, thus releasing the pressure in the "tunnel."

Hand

The hand is a complex, intricate area that can be difficult to properly manage. Here, injuries such as tendonitis, arthritis, and post surgical cases can be effectively treated with physical therapy. Hands that have been exposed to severe trauma are often the most difficult cases. Due to the proximity of various structures such as tendons, muscles, bones and ligaments, hand rehabilitation can be challenging. The hand is very mobile and is capable of many movements. Proper rehabilitation focusing on function and the balance of edema and pain control are key.

Rehabilitate means to restore to customary activity through education and therapy. Naturally, the kind of rehabilitation needed to achieve the goal of restoring normal activity and the time and effort it will take varies with the nature and severity of each patient's specific injury. At Commitment Physical Therapy, we offer personalized, comprehensive care for orthopaedic and neurological rehabilitation for patients of all ages. Patients will receive: A complete and thorough initial evaluation. A personalized rehabilitation plan. One-on-one care: A therapist stays with the patient throughout each session, which ensures proper technique, immediate feedback, and constant reassessment. Education: The therapist educates the patient about his/her injury, including how and why specific exercises are prescribed, and provides tips on injury prevention, posture, body mechanics, ergonomics, and joint conservation. We maintain excellent communication with referring physicians. Commitment Physical Therapy also offers progressive Sports Medicine Programs for local athletes and post rehabilitation fitness programs.

Patients' Comments

"My primary doctor recommended Dr. Naglaa to me and I am very happy he did. She was very kind and helpful." S.R., Chicago, IL

"The Dr. helped me to understand my problem more as well as make me feel better."

