



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



National Physical Therapy Month (NPTM)

Physical therapy (PT) is an evidence based practice that is dedicated to healing, educating and promoting fitness and health. PT also means that the goal of the physical therapist is to get you better and make sure you know what you need to know, so you can stay healthy. The next time you are having pain and are unable to do your normal activities, it may be time to get a referral to a local physical therapist.

Why suffer needlessly? Get help and get healthy!

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.

National Physical Therapy Month (NPTM) is a celebration held every October by the American Physical Therapy Association (APTA) to raise awareness of and recognize the important roles that physical therapists and physical therapist assistants play. They help people maintain, improve and restore the mobility necessary to stay fit, active and independent while enjoying the things they like to do as they age.

This year's celebration is focused on **sports injury prevention across the lifespan**. Whether someone is playing Little League or in the Masters, participating in sports helps promote physically active lifestyles. Yet, despite the documented health benefits of physical activity (weight management, cardiovascular endurance, improved muscular function, increased self-esteem, etc.), the potential for sports-related injuries exists.

Some physical therapists specialize in geriatrics, pediatrics, orthopedics, women's health, vestibular rehab or another specialty.

Our role is to improve and restore motion to your life. As you make the important decisions about health care for you or your family, it is important to remember that physical therapists:

1. Significantly improve mobility to perform daily activities.
2. Provide an alternative to painful and expensive surgery, in many cases.
3. Manage or eliminate pain without medication and its side effects, in many cases.



When it comes to health care, one size does not fit all. A physical therapist's extensive education, clinical expertise, and "hands on" approach brings you a unique, individualized approach. When you are in the hands of a physical therapist, you have a plan of care that is safe and appropriate and addresses your individual needs and pre-existing conditions.

I'm constantly surprised by how many people either don't know what physical therapy is all about or who have an incorrect perception of what it means to go to physical therapy.

Some people think that when you go to a physical therapist, they will fix you with no work on your part. Other people think that if you go to physical therapy, they will exercise you so hard that you'll be sore for weeks. With very rare exceptions for certain conditions, neither of these statements are true. **What exactly is physical therapy?** Physical therapy is a health care profession dedicated to developing, maintaining or restoring physical abilities to individuals that are unable to function at peak level due to injury, disease, disability or aging. Physical therapy is concerned with decreasing pain, increasing strength and/or flexibility, educating the patient and restoring maximum movement and function. Physical therapy is performed by either a licensed physical therapist or a licensed physical therapist assistant acting under their directions. Physical therapists and their assistants both have college degrees from programs where they were educated about the human body and exercise with a deep focus on injury prevention and physical rehabilitation. Almost all current physical therapy programs are post graduate clinical doctorates, which grant upon the graduate the designation "Doctor of Physical Therapy" or DPT.

Wow, where did summer go?

As the leaves begin to change color on the trees and crackle underneath my feet it appears rather suddenly summer has left us.

If you have young children, the fall sports seasons of football, soccer, cross country and cheerleading are all in full swing.

Remind them of the importance of stretching and a proper warm-up and cool down.

For some reason as the seasons change there are new chores to accomplish.

As you are taking down your gardens and cutting back your plants **please** remember proper body mechanics and to bend at your knees. When raking leaves please remember to take breaks and do not try to rake your whole yard at one time.

The leaves did not all arrive at once and there will surely be more tomorrow! This is a great time of year to enjoy a walk after dinner and take in all the sights of the fall season.

Continue: National Physical Therapy Month

Physical Therapy education includes classes in anatomy, physiology, neurology, kinesiology and biomechanics, musculoskeletal rehabilitation, neuromuscular rehabilitation, motor learning, etc. The physical therapist begins by assessing an injury, designing a plan of care, monitoring a patient, modifying the plan of care as needed and progress the patient through to recovery, all while educating the patient in what they need to know to avoid re-injury.

Medical doctors recommend physical therapy because it provides evidence-based treatments for physical and neurological conditions that affect motion and activities of daily living. It is also non-invasive and rarely worsens a condition. For that reason, medical doctors will usually recommend physical therapy before considering surgery. Most surgeons and medical doctors recommend physical therapy after surgery

to ensure the proper healing and function of the body part that was operated on.

What can you expect from therapy?

A therapist will develop an individualized program designed to address your specific circumstances and monitor your treatment along the way. Here are some things that you should expect from therapy:

1. Evaluation: On your first visit, your therapist will perform an evaluation that will encompass your medical history and a physical examination. This information is used to create an individualized treatment program geared to your specific needs.

2. Treatment: You will usually perform some therapeutic exercise and/or functional training. Depending on your plan of care, your therapist may perform range of motion, mobilize a joint or massage a muscle to promote normal movement and function. Your therapist may also use ultrasound, hot packs, electrotherapy, traction, ice packs or another modality depending on your injury

3. Education: Education is a major component of physical therapy. Your therapist will take the time to explain your injury or dysfunction, how it occurred and what course of action will be taken to help correct it and prevent recurrences.

4. Home exercise program:

Your therapist will also develop an individualized home exercise program for you to practice to help speed up your recovery process.

For more information you can check the APTA website.

There are many reasons to seek physical therapy, ranging from stiff muscle to back pain, and even arthritis. These conditions and others can benefit greatly from physical therapy. Therapy can help to improve your quality of life and keep you healthy and fit. In recognition of the National Physical Therapy Month Commitment Physical Therapy would like to offer a free consultation to you or a family member. Feel free to call our office at (708) 361-8052 if you have any questions or concerns or if you would like to schedule your consultation.

Have a happy, healthy National Physical Therapy Month and keep "moving forward!"

Patients' Comments



"They were always nice and had a pleasant manner when I came in." C.C., Orland Park, IL

"My treatments were very relaxing. Everyone was very helpful and I especially liked the personal concern I received." C.T., Orland Park, IL

"I am very pleased with my time here. The entire staff was excellent, very friendly, polite and helpful." B.M., Chicago Ridge, IL
 "The staff and therapists were very pleasant and helpful." S.L., Palos Heights, IL