

# ADVANCED

HEALTH QUARTERLY

LIVE HOW YOU WANT  
DO WHAT YOU WANT  
PAIN FREE

Tori Babcock  
Daughter of Tiffany Babcock, CRSM Employee

STAY AHEAD OF  
COMMON AILMENTS

TIPS FOR A  
HEALTHY GARDEN

Spring 2018



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

## Knee Pain: Far From the Bee's Knees

Jordan | Physical Therapist at the Canton Clinic

Do you or someone you know experience knee pain? A 2012 study by Nguyen et al. concluded that the prevalence of knee pain has increased substantially over a 20 year period. Multiple sources cite knee pain as the second highest source of chronic pain, affecting more than one third of Americans. The knee is an integral part of the kinetic chain, impacting one's daily life. The knee is important in walking, climbing stairs, and getting up from a chair.

What is the cause of your knee pain? There are multiple issues that can cause knee pain, including osteoarthritis, ligament sprains, meniscal tears, muscle strains, fractures, and disorders of patellar tracking. The first step in treating knee pain is determining the cause. If you or someone you know is experiencing knee pain, you should contact your physician or go to your local Advanced Rehab clinic for a free injury screen.

What should you expect at physical therapy? Your first day of physical therapy includes an evaluation of your knees, but also a look at your hips and ankles. During an evaluation your physical therapist will look at your strength, range of motion, swelling, tenderness, and do some special tests in order to determine the precise cause of your pain. They will also watch how you walk and move, and they may even assess your balance. After an evaluation, your therapist will discuss options regarding how to decrease your pain and prevent pain from returning. Physical therapy offers a number of different treatment options for treating knee pain. These options include strengthening exercises for the knees and hips, stretches, manual techniques, balance exercises, and sometimes modalities like ice or heat.

If you or someone you know would like more information regarding physical therapy for knee pain, come see one of our therapists today!

Jordan  
PT at Canton Clinic

## Stand Up Against Vertigo

Drew Henneberg | Physical Therapist at

**Benign Paroxysmal Positional vertigo (BPPV) is the most common type of vertigo and is caused by a mechanical issue within the inner ear. This disorder occurs with crystals in the ear becomes dislodged and float into one of the canals. The crystal disrupts the flow of fluid within the canal causing the inner ear to send false signals to the brain. The discrepancy in the healthy and affected ear's signals gives the feeling of spinning. Spinning then hinders balance.**

# Give Pain the Cold Shoulder

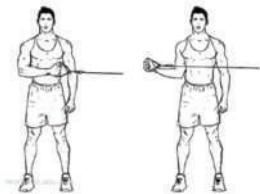
Don Willard | Physical Therapist & Clinic Manager in Bloomington

Shoulder pain isn't reserved for all-star pitchers and quarterbacks. Most of us have felt a twinge in one, or both, of our shoulders at one time or another. When our shoulders start to hurt, we usually say, "It will go away in a few days." Sometime it does, but what if it doesn't?

Physical therapy may be just what you need. Shoulder pain can be the result of an acute injury such as a sprain or strain. It can also be due to overuse injuries/tendinitis. The pain in your shoulder may even be coming from your neck. Physical therapists are musculoskeletal experts trained to evaluate you to determine what is causing your symptoms. They will create an individualized treatment plan targeting the causes of your specific pain and get your shoulder back in working order.

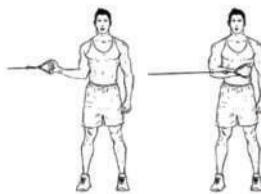
The rotator cuff is a common source of problems in the shoulder. The rotator cuff is a set of 4 muscles that stabilize the ball in the socket as you move your arm. Having a strong rotator cuff can help decrease the chance of an injury. Here are a few basic rotator cuff strengthening exercises:

## External Rotation



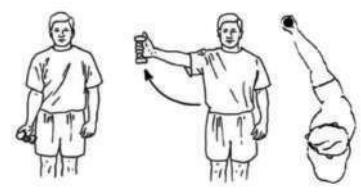
Pull arm away from your body, keeping your elbow at your side. Repeat 3 sets of 15 reps.

## Internal Rotation



Pull arm in toward your body, keeping your elbow at your side. Repeat 3 sets of 15 reps.

## Shoulder Scaption



Keeping your elbow straight, thumb up, raise your arm away from your body at a 30° angle. Do not go above shoulder height. Repeat 3 sets of 15 reps.

\*\* Use light resistance and discontinue exercise if pain occurs during or after the activity.

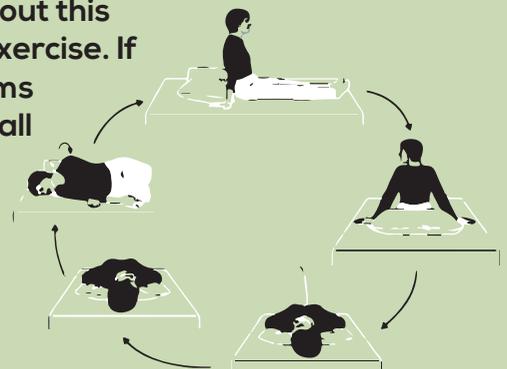
## o & Balance Disorders

the Bloomington Clinic



One the easiest exercise a person can do to improve there balance is standing on one foot. To ensure that it is performed daily a good way to keep accountability high is to perform this while brushing your teeth. This not only ensures that the exercise becomes a habit, but also gives you a solid surface to use as support, as needed.

If you suffer from vertigo and balance issues, try out this at-home exercise. If the symtoms continue, call and ask how your local physical therapist can help.



## Get Your Garden Off to a Strong Start

Mike Salaway | Owner & Physical Therapist

It's FINALLY spring, and that means it's getting to be time for gardening. Although I certainly make no claims to be a master gardener, I do have a large garden every year, and our staff thought it might be helpful to list a few tips I have found for getting a garden started in the spring.

Preparation is key. The first thing I look at in the spring is the soil in my garden. There are always grasses or weeds that grew in the previous fall, so I start by removing them and cleaning up the space. I typically do not test my soil, but I do use a variety of soil supplements each year, as my soil was originally heavy clay. I have found mixing organic matter such as compost or peat moss along with fortified garden soil works well. I spread this evenly over the garden prior to tilling and mix it in with the tiller. I typically apply general garden fertilizer as well. I have done this every year, and it seems to have improved my soil dramatically.

Once the tilling has occurred, I cover my entire garden with two layers of landscape fabric and pin it in place. I am sure some would disagree with this for water and aeration reasons, but frankly I am willing to risk this for the minimized weeding time as the growing season wears on. I have done it both ways and this has not seemed to have negatively affected my yields. I use a box knife to cut the fabric only where I am planting either in a circle or a row which minimizes the area for weed growth.

In terms of timing, I tend to start later because I do not want to fight a late frost. I typically plant early items such as lettuce, onions, radishes, and spinach in late April to early May and plant it in stages about a week apart so it does not all produce at the same time. I will then plant the rest in the first week of May. I also tend to change the location of items from year to year to give the soil a break. I hope everyone gets a chance to get their garden in and have fun with it!!



### Strawberry Watermelon Infused Water

Put your gardening to good use! Or your nice trip to the grocery store. Simply mix the ingredients below in a pitcher over ice, and enjoy on a sunny day.

- 10 large strawberries, halved
- 1/4 cup of mint leaves
- 1/2 cup of sliced watermelon
- 6 cups of water

## The Sweet Sound of Success

Patients share their Advanced Rehab and Cottage Rehab stories.



**Monica**  
PTA at Kewanee Clinic

### Marie Marshall

In May 2017 I ruptured my hamstring and pulled a tendon away from the bone, in October I had surgery and was in a brace for 8 weeks. When I got out of my brace I had trouble walking. My therapist here at Advanced Rehab was very understanding. They always made it enjoyable to come and workout rather than dreading it. They always asked if I was doing well or if I was in any pain. Now after 8 weeks of physical therapy I am finally back playing softball.

### Have your own Advanced Rehab or Cottage Rehab story?

Share a photo on our Facebook page. We'd love to hear more about your successes after therapy!

## Come See Us Out & About

We'll be in your community as the weather heats up! Check out our upcoming events to stop by and say hi to the team and ask questions about your health.

**APRIL**  
**24**  
**Women's Health Night**  
Calling all ladies! Join us for a night of fun and facts about your body.  
ILLINOIS WESLEYAN IN BLOOMINGTON, IL

**MAY**  
**1**  
**Be Content Senior Expo**  
Enjoy a day of seminars, vendors and tons of door prizes.  
PARKE REGENCY HOTEL IN BLOOMINGTON, IL

**MAY**  
**21**  
**Monmouth Chamber Golf Outing**  
Find members of your local team at one of the holes for something fun.  
GIBSON WOODS IN MONMOUTH, IL

**JUNE**  
**2**  
**Tri-Shark Triathlon & Duathlon**  
Sign up for the race that fits you and make sure to see us for free stretching.  
COMLARA PARK IN HUDSON, IL

**JUNE**  
**11**  
**Galesburg Chamber Golf Outing**  
Find members of your local team at one of the holes for something fun.  
LAKE BRACKEN IN GALESBURG, IL

**JUNE**  
**26**  
**Clinton Chamber Golf Outing**  
Find members of your local team at one of the holes for something fun.  
CLINTON, IL

**APRIL**  
**27**  
**Spoon River College Job Fair**  
Are you interested in a career in PT or know someone who is? Come chat!  
CANTON, IL

**MAY**  
**18**  
**Canton Chamber Golf Outing**  
Find members of your local team at one of the holes for something fun.  
CANTON, IL

**MAY**  
**21**  
**Macomb Chamber Golf Outing**  
Find members of your local team at one of the holes for something fun.  
MACOMB, IL

**JUNE**  
**3**  
**Run Galesburg Run**  
Cheer on a few local team members in the race or stop by for free stretching.  
CANTON, IL

**JUNE**  
**22**  
**Fighting Scots Society Golf Outing**  
Show support for our founders' alma mater, and come out for a round!  
GIBSON WOODS IN MONMOUTH, IL

Learn more on our Facebook page as the events near.

## Combat Knee Pain by Staying Limber

Doug Price | Physical Therapist & Clinic Manager in Monmouth

While there's no special sauce for keeping knees healthy, there are stretches that can help prevent injury and maintain good range of motion in your knees. Try out these simple at-home stretches to help support your knees!

### Sit to Stand

**HOW** Sitting on the edge of the chair, feet flat on the floor and leaning forward slightly. Stand upright, until the knees are completely extended. Lower yourself back down to the chair slowly and in a controlled manner.

**TIP** If too difficult, fold up a blanket and place it in the chair making the seat height higher.

**COUNT** Perform 2 sets of 15 repetitions.



### Standing Hamstring Curls

**HOW** Stand upright while holding onto something like the kitchen counter. Bend your knee and bring your heel towards your buttock.

**TIP** Make sure to keep the thigh parallel or in line with the uninvolved leg.

**COUNT** Do 2 sets of 15 repetitions.



### Straight Leg Raise (SLR)

**HOW** While lying on your back, bend one knee up and rest the foot on the bed or floor. Keeping the other leg straight and knee locked, lift the straight leg until the thigh is level with the bent knee thigh.

**COUNT** Do 2 sets of 15 repetitions.



### Long Arc Quad (LAQ)

**HOW** Sitting on the edge of the bed or in a chair, with feet flat on the floor, extend (or straighten out) one of the knees/legs in a slow and controlled manner.

**TIP** Make sure you maintain good upright seated posture.

**COUNT** Do 2 sets of 15 repetitions.



## Help Your Kids Have the Best Weekend Yet

Having fun as a family doesn't always require an expensive trip. Run to the grocery and dollar store to have some adventures right in your own backyard!

### Frisbee Tic-Tac-Toe

Shopping List:

- White plastic table cloth
- Duct tape
- Nine frisbees

Directions:

1. Use the tape to make a 9x9 grid on the table cloth
2. Lay out the table cloth and designate a throwing line approx. 10 feet away where all players line up.
3. Take turns throwing the frisbee at the board until someone gets three in a row for a tic-tac-toe!
4. Easier version? Try throwing sand bags from cornhole instead of frisbees.



### Hoola Hoop Tent

Shopping List (or At-Home Goods):

- Hoola hoop
- Ribbon
- Old twin sheet
- Scissors
- Blankets

Directions:

1. Cut slits along the short end of the sheet wide enough for the ribbon to fit through.
2. Using the string through the slits, tie the sheet to the hula hoop.
3. With one long piece of ribbon tie the hoola hoop up in a tree branch.
4. Place various blankets under the hoola hoop for a fun and fast outdoor fort!

### Noodle Obstacle Course

Shopping List:

- Pool noodles
- Bamboo skewers
- Soccer ball (optional)

Directions:

1. Place a skewer in the ground where your first "obstacle" will be.
2. Push one end of a noodle onto the skewer then arch the other end to the ground.
3. Place another skewer in the ground where that second noodle end lands and push it onto the skewer.
4. Repeat with more noodles and skewers until a course is ready to crawl or kick a ball through!



### Guilt-Free Popsicles

Shopping List:

- Pineapple tidbits
- Strawberries, chunked
- Kiwi, chunked
- Honey Greek yogurt
- Craft sticks

Directions:

1. Fill the bottom of a popsicle mold or any small container with your fruit. Feel free to mix the fruits if you'd like to make flavor combos!
2. Fill the rest of your mold with yogurt.
3. Freeze a few hours until solid. Then pop the treats out, and enjoy!

# ADVANCED

HEALTH QUARTERLY

PHYSICAL THERAPY FOR

Neck | Back | Shoulder | Headaches  
Hip | Knee | Ankle | Heel | Hand | Wrist & Elbow  
Pre & Post Orthopedic | Women's Health  
Vertigo & Balance Disorders | TMD

visit us at  
[www.advrehab.com](http://www.advrehab.com)



ARSM  
135 N Williamsburg Dr.  
Bloomington, IL 61704

## THINGS TO KNOW

### Get A Free Pain Consultation

1. You are in pain.
2. Come see us for a FREE consultation.
3. If our licensed PT determines physical therapy will benefit you, we will work with your doctor to get a referral.
4. We will pre-certify your health insurance.
5. As a team, we will begin your journey to becoming PAIN FREE.

### Like Us on Facebook

Cottage Rehab & Sports Medicine is proud to bring you:

- Patient Success Stories
- Health (and Taste Bud) Conscious Recipes
- Community Event Updates
- Physical Therapy Issue Education



### Chat with Us



**Aledo**

309-574-3015

**Bloomington**

309-664-9104

**Canton**

309-649-1572

**Kewanee**

309-853-5500

**Macomb**

309-836-2500

**Moline**

309-797-8778

 **Cottage**  
Rehabilitation & Sports Medicine

**Galesburg**  
309-343-3434

**Monmouth**  
309-734-1103

 **WARNER HOSPITAL**  
& Health Services

**Clinton**  
217-937-5224