



CHESTERTON
**PHYSICAL
THERAPY, INC.**
Great Health Through Great Physical Therapy!

APRIL 2023

Your Past Injury Could Be a **Nightmare** for Your **Future**



Global accreditation authority helps facilities demonstrate a strong commitment to patient safety, and standardized quality, maintain fiscal responsibility, promote services to patients, and collaborate with other healthcare leaders.

OCCUPATIONAL
THERAPY MONTH

PAST
INJURIES

PT & INJURY
RECOVERY



Welcome to the April 2023 edition of the Chesterton Physical Therapy Monthly Newsletter!

This month, we're discussing how past injuries can potentially turn into nightmares for your future health and well-being. But do not worry -we've got you covered with tips and guidance on how to prevent lingering issues from past injuries.

Occupational Therapy Month



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The Importance of Addressing *Past Injuries*

Not properly addressing past injuries can lead to a range of long-term consequences that may negatively impact your overall health and quality of life. Some of these potential consequences include:

Chronic pain: Untreated or improperly treated injuries can lead to chronic pain, which can persist for months or even years. Chronic pain can interfere with daily activities, limit your ability to participate in physical activities, and negatively affect your mental well-being.

Limited mobility: Injuries that are not properly rehabilitated can result in reduced joint mobility, muscle flexibility, and overall range of motion. This limited mobility can make it difficult to perform daily tasks, engage in physical activities, and maintain an active lifestyle.

Increased risk of re-injury: When an injury doesn't heal correctly, the affected area may be weakened, making it more susceptible to future injuries. Repeated injuries to the same area can exacerbate existing issues and lead to even more severe or chronic problems.

Decreased overall fitness: The inability to participate in regular physical activities due to unresolved injuries can result in a decline in overall fitness levels. This can make it even more challenging to return to pre-injury activities and increase the risk of developing additional health problems, such as obesity or cardiovascular disease.

Properly addressing past injuries through appropriate treatment and rehabilitation is crucial to preventing these long-term consequences. At **Chesterton Physical Therapy**, you will get a customized treatment plan to help your body heal and regain optimal function, minimizing the risk of future injuries.

THROUGH OUR PERSONALIZED TREATMENT PROGRAMS, WE CAN HELP YOU MAKE A FASTER, MORE COMPLETE RECOVERY AND MINIMIZE THE RISK OF FUTURE INJURIES.

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The Role of *Physical Therapy* in Injury Recovery

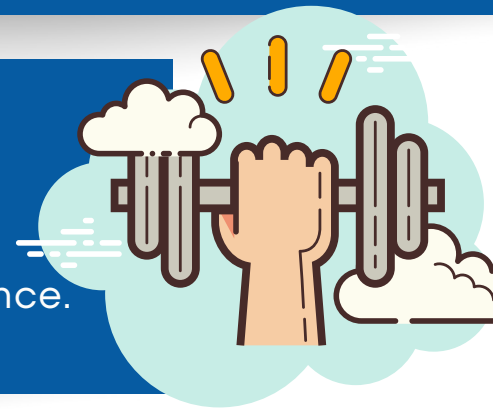
Here at **Chesterton Physical Therapy**, we offer numerous benefits that can help you regain your strength, mobility, and overall function. Some of the key benefits of physical therapy include:

Personalized treatment plans: Our well-trained physical therapists create customized treatment plans tailored to your specific needs, injury type, and individual goals. This ensures that your rehabilitation program is designed to address your unique situation, enabling you to make the best possible recovery.



Hands-on care: We provide hands-on care through manual therapy techniques, such as soft tissue mobilization, joint mobilization, and stretching. These techniques can help alleviate pain, improve mobility, and promote optimal healing of injured tissues.

Improved strength and flexibility: Through targeted exercises and stretches, we can help you regain lost strength and flexibility, enabling you to return to your daily activities and favorite sports with confidence.



Injury prevention: Our Physical therapists not only help you recover from your current injury but also teach you strategies to prevent future injuries. This may include advice on proper body mechanics, posture, and ergonomics, as well as guidance on maintaining a well-balanced exercise routine.

Holistic approach: We often take a holistic approach to care, addressing not only the physical aspects of your injury but also any related emotional or psychological challenges.

Through our personalized treatment programs, we can help you make a faster, more complete recovery and minimize the risk of future injuries.

When to Seek Help...

Past injuries that have not been properly addressed can sometimes lead to lingering problems. It's essential to recognize the warning signs that indicate unresolved issues from past injuries, so you can seek appropriate treatment and prevent further complications. Some warning signs include:

Persistent pain: If you're experiencing pain that doesn't seem to subside or worsens over time, it could be an indication that your past injury hasn't fully healed or has led to a chronic condition.

Limited mobility: Difficulty moving a joint or muscle, stiffness, or decreased range of motion may indicate unresolved issues from a previous injury. Limited mobility can hinder your ability to perform daily activities and participate in physical activities comfortably.

Recurring issues: If you've noticed that the same injury or pain keeps reoccurring, it may signal that the initial injury never completely healed or that you've developed a compensatory movement pattern that's causing additional strain on the affected area.

Swelling or inflammation: Persistent swelling or inflammation around the site of a previous injury could be a sign that the healing process has been disrupted or that there's an ongoing issue.

Weakness or instability: If you feel weakness or instability in the area of a past injury, it could be a sign that the muscles or ligaments haven't fully recovered, increasing the risk of re-injury or further complications.

Altered movement patterns: If you've noticed changes in your movement patterns or posture, it could be a sign that you've developed compensatory movement patterns in response to a past injury. These altered patterns can lead to muscle imbalances and increased stress on other areas of the body.

If you're experiencing any of these warning signs, Consult us today to evaluate the issue and get a plan for addressing the lingering problems. Early intervention is key to preventing further complications and ensuring a successful recovery.

Conclusion: By taking proactive steps to address past injuries, you can prevent your past injuries from becoming a nightmare for your future. Chesterton Physical Therapy is here to support you on your journey to optimal health and well-being. If you have any questions or concerns about past injuries and their potential impact on your future, **do not hesitate to reach out to our team of experts.**

Happy Easter from Chesterton PT this month!



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TRY THIS **HEALTHY** RECIPE

Healthy Pancakes

Ingredients

- 1 ½ cups all-purpose flour
- 3 ½ teaspoons baking powder
- ¼ teaspoon salt, or more to taste
- 1 tablespoon white sugar
- 1 ¼ cups milk
- 1 egg
- 3 tablespoons butter, melted



Directions

Step 1- Sift together the flour, baking powder, salt, and sugar in a large bowl. Make a well in the center and pour in the milk, egg, and melted butter; mix until smooth.

Step 2- Heat a lightly oiled griddle or frying pan over medium-high heat. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each pancake. Brown on both sides and serve hot.

Refer-A-Friend!

Who Do You Know That Needs Our Help?

If you know someone who may benefit from our style of Physical Therapy, please pass along this newsletter. We will send them information about how we might be able to help them.

Click the link to visit the page on website

[**REFER A FRIEND**](#)

Our 3 Convenient Locations

CHESTERTON

425 Sand Creek
Dr. N #C
Chesterton, IN 46304
Ph. No. (219) 926-9779

MICHIGAN CITY

320 Dunes Plaza
Michigan City
IN 46360
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PORTAGE

3190 Willowcreek
Rd Suite A
Portage, IN 46368
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