



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

SEPTEMBER 2022

# SEPTEMBER IS PAIN AWARENESS MONTH

ARE YOU READY TO LIVE  
PAIN FREE..??



The American Association for Accreditation of Ambulatory Surgery Facilities accreditation programs helps facilities demonstrate a strong commitment to patient safety, standardize quality, maintain fiscal responsibility, promote services to patients and collaborate with other health care leaders.

**Offer  
Below!**

Arthritis Pain

How PT can help?

Recipe





# Don't Let Arthritis Pain Dictate Your Life..!!

## You Can Still Live a Comfortable and Active Life with Arthritis!

**Arthritis** is a chronic condition that causes inflammation of the joints. It can cause pain, stiffness, and swelling. The most commonly affected joints are the hips, knees, hands, and spine. Arthritis is not a single disease but an umbrella term that includes a variety of different types. Some of the more common examples are **osteoarthritis**, **rheumatoid arthritis**, **gout**, **psoriatic arthritis**, and **ankylosing spondylitis**.

While physical therapy might not be the first treatment you think of for **arthritis**, it probably should be. A lot of people with arthritis choose to use medication to manage their pain, stop activities that hurt, and wait for things to get bad enough to have a joint replacement. But this isn't a great plan - all medications have side effects, even over-the-counter ones. Reducing activity leads to muscle atrophy and even stiffer joints. Even though joint replacement surgery usually has good outcomes, it does come with its own set of risks and a painful recovery.

Physical therapy has been extensively researched as a treatment for arthritis and demonstrates good outcomes. Physical therapists typically start with exercise as the base for **arthritis treatment**. Exercise helps to regain lost joint motion, decrease feelings of stiffness, and strengthen muscles surrounding the affected joint. These benefits are all somewhat obvious. What surprises many people is that exercise has been shown to be as effective as medication for pain relief in many types of arthritis, without the side effects.

Physical therapy has more to offer people with arthritis than just exercise though. Education helps people understand their condition, what to expect, and how to manage it. As experts in human movement, physical therapists are especially good at helping people modify how they perform certain tasks or activities to reduce strain on joints affected by arthritis. They can also suggest ways to modify the environment at work or home to reduce pain and improve function. They may also suggest things like braces, orthotics, or other devices that can help maintain mobility and reduce pain. On top of that, PT has been proven to be a cost-effective treatment, too.

Now that you have a better understanding of what PT can do, hopefully, you'll think of PT first when you think of arthritis too.

[Schedule an appointment with Chesterton Physical Therapy today if you have arthritis or suspect you may have arthritic symptoms. We are here to help!](#)

## How We Can Help You..!!

Our Physical therapist and the [team at Chesterton](#) typically start the latest and most advanced treatments for pain relief followed by hands-on exercise as the base for [arthritis treatment](#). Hands-on treatment includes mobilizing the soft tissues and joints, lengthening and stretching the muscles, and improving the flexibility and mobility of all involved joints. Exercise helps to regain lost motion, decrease feelings of stiffness, and strengthen muscles surrounding the affected joint. These benefits are all somewhat obvious. What surprises many people is that exercise has been shown to be as effective as medication for pain relief in many types of arthritis, without the side effects.



Education is usually combined with exercise to help people understand their condition, what to expect, and how to manage it. As experts in human movement, physical therapists can also teach you ways to modify how you perform certain tasks or activities to reduce the strain on joints. In addition to modifying how you move, a PT can also suggest ways to modify the environment at work or home to reduce pain and improve function. This might include things like using a monitor stand to improve your posture at your desk, or buying pre-cut vegetables to reduce your work in the kitchen.

Physical therapy and exercise-based recovery help to restore the normal movement of your joints, improve your muscle strength, and enhance the way you walk, run, twist and move.

In many cases, physical therapy can even help you avoid the need for surgery and potentially addictive drugs. Our treatments are customized to your specific needs to help you recover faster and achieve a more permanent result. We also teach you how to avoid future joint injuries and what you can do on your own with proper therapeutic exercises.

If you have arthritis or suspect you may have it, you could benefit greatly from our [services in Chesterton](#).

We provide the highest level of care, compassion, and understanding to all of our patients. You can be confident that your symptoms and concerns will be considered as your personalized treatment plan is created for you.

Contact us today to learn how we can help you find long-term pain relief for your arthritis.

LIMITED  
OFFER

## Book Your Free Consultation..!!

Chesterton PT is Offering a 30 min Free PT Consultation. You can come and discuss your concerns with our Physical Therapist at No Cost Or Obligation!

[Click to Book Your Free Consultation](#)

# CHESTERTON PT

Thank you to all our clients, friends, and family who have helped us reach this milestone.



## Testimonial We Earned..!!

There's a reason this place has perfect reviews! I called at the last minute on a Friday to try and set something up because I couldn't take my pain any more. They got me in as a new client within an hour.

Dawn, at the front desk, is incredibly helpful. Dimple was so nice, caring, and informative. She figured out the cause of my pain and set me up with a treatment plan immediately. When I thought my insurance wouldn't cover PT and had to cancel, Mindy called and spent a while on the phone with me explaining payment options and other helpful information that my insurance provider didn't explain. It's honestly not very common to find a business with such kind employees that genuinely care about you. I am beyond excited to start my treatment plan with Chesterton Physical Therapy!

- S. Hamilton

## Try this Delicious Cucumber Sandwich



### Ingredients

- 2 ounces cream cheese
- 1 tablespoon low-fat plain Greek yogurt
- 1 tablespoon sliced fresh chives
- 1 tablespoon chopped fresh dill
- 1/4 teaspoon ground pepper
- 2 slices of whole-wheat sandwich bread
- 1/3 cup thinly sliced English cucumber

### Directions

Stir cream cheese, yogurt, chives, dill, and pepper together in a small bowl until well blended. Spread the mixture evenly on one side of each bread slice. Top 1 slice with cucumber slices, then top with the other bread slice, cream cheese-side down. Cut the crusts from the sandwich and cut it in half diagonally.

## Refer-A-Friend!

If You Know Someone Who May Benefit From Our Style Of Physical Therapy, Please Pass Along This Newsletter Or Click The Text "Refer A Friend" Below!

[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  
Ph no. (219)-898-4360

### Portage

3190, Willowcreek Rd  
Suite A Portage, IN 46368  
Ph no. (219)-213-9057

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