



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

JUNE 2022

# JUNE IS MEN'S HEALTH MONTH!



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

Father's Day Craft:  
**DAD ROCKS**

FREE Father's  
Day Screenings

Exercise  
Essentials



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JUNE 2022



# June is Men's Health Month!

Did you know that June is Men's Health Month? Despite the incredible improvements in health care worldwide, men's health education is often overlooked or inadequately discussed. At Chesterton Physical Therapy, we'd like to shed light on the many ways we can help the men who come into our clinic improve their health!

While men's health sometimes takes a back seat to other issues, our physical therapists are dedicated to helping treat any condition you may be experiencing. Men have specific health needs, experiences, and concerns related to their gender.

Men's health is the complete physical, mental, and social well-being experienced by men. Differences in men's health compared to women's can be attributed to biological factors, sex organs and hormones, behavioral factors (i.e., men are more likely to make unhealthy choices and less likely to seek medical care), and social factors (i.e., occupations, risky activities)

At Chesterton Physical Therapy, our physical therapy clinic is here to address those specific needs and provide you with the best possible treatment methods for you.

## **The Importance Of Men Getting Wellness Checks**

Annual exams are essential as they screen men for specific medical issues, many of which crop up as a man ages. These exams assess your risk for health concerns and encourage you to lead a healthy lifestyle.

Often, men have low levels of health literacy. This lack of knowledge can fuel the stigma that many men feel about seeking help from a health care practitioner. Education, explicitly talking in a way the men resonate with, can help improve their willingness to get preventative tests. In particular, a prostate exam.

A prostate exam can help your doctor diagnose an enlarged or inflamed prostate. It can also help them diagnose prostate cancer, the second most common

form of cancer among American men. These exams can also help diagnose pelvic floor dysfunction or pain issues.

At Chesterton Physical Therapy, we realize that prostate health and, more globally, pelvic floor and abdominal health needs to be addressed and normalized. Our physical therapists are trained to provide quality concerning care, addressing a multitude of health diagnoses related to the pelvic floor, including urinary and fecal incontinence, pelvic pain, and sexual dysfunction.

If you're dealing with a men's health issue, you should know that you can often resolve it through rehabilitation at our clinic. Your physical therapist will use various treatment methods to provide relief for you, including biofeedback, targeted stretches, and breathing exercises to help you improve and hopefully resolve any limitation you are facing.

*Continued inside.*





HAPPY  
FATHER'S  
DAY

## June is Men's Health Month!

*Continued from previous page.*

### Do You Have Any Of These Men's Health Related Conditions?

Pelvic floor dysfunction is defined by the inability to control your pelvic floor muscles (i.e., muscles support the bladder and bowel and affect sexual function). It can affect people of all genders and backgrounds, and several factors may be causing your pelvic floor dysfunction. A large part of our men's health services includes pelvic rehabilitation.

Some common conditions we can treat with pelvic rehabilitation at our clinic include:

**Tight pelvic floor muscles** – Did you know that your pelvic floor muscles can clench up? There are many reasons why this happens, such as injury, operations, lifting heavy objects, stress, scar tissue, a sedentary lifestyle, and more. Our physical therapists can help determine precisely what is causing your pain and how you can prevent it in the future.

**Prostatitis** – This condition results in inflammation and swelling and occurs in the prostate gland. Prostatitis can be caused by a bacterial infection cured through antibiotics. Your physical therapist will create a treatment plan based on your needs so you can live comfortably once again. However, if you are diagnosed with chronic prostatitis, this is a long-term problem that will require more help than medication can offer.

**Prostatectomy** – There are several different types of prostatectomies, and you may be experiencing a complication from yours if you've had one. Many men deal with pelvic pain or urinary incontinence after a prostatectomy, both of which can be addressed through physical therapy.

### Did You Know You Have Direct Access To Physical Therapy?

Whether you want to come in for a check-up, suffered a recent injury or you want to improve your health, a physician referral is not needed.

Save time



Save money



Improve  
your health  
naturally

**Pudendal Neuralgia** – Your pudendal nerve travels through your pelvic floor muscles. If those muscles are too tight, this nerve can become irritated. If this nerve is compressed for too long, you may begin experiencing painful symptoms. A physical therapist can help relieve your pain by loosening up the muscles and providing targeted exercises.

### Request A Consultation With One Of Our Physical Therapists

Are you ready to get your health back on track? Request an appointment today to learn more about our Men's Health services!

**At Chesterton Physical Therapy, we are here to help you with whatever you may need!**

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## EXERCISE ESSENTIALS

*Try this simple exercise to keep you moving...*

### Lumbar Segmental Extension

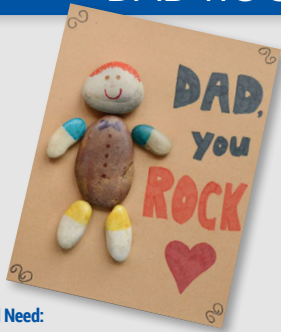
Stand with good posture. Find a neutral spine. Bend backwards in a very controlled manner. Think about moving joint by joint. Do not push into pain. Return to the start position.



Exercises copyright of  

 TARA SimpleSet Pro

## FATHER'S DAY CRAFT DAD ROCKS



### You Will Need:

- Cardstock in colors of your choice
- Markers
- Glue
- Rocks – look around outside for a variety of shapes or buy a bag of polished river stones

### How To Make It:

1. Use the markers to decorate your rocks in, the shape of a person, to look just like dad!
2. Grab some glue and glue your rock person onto a piece of colored cardstock paper.
3. Using your markers again, write a fun message to dad: "Dad, you ROCK!" Decorate the rest of the cardstock however you like.

Dad Rocks: Father's Day Craft | CBC Parents <http://www.cbc.ca/parents/play/view/dad-rocks-fathers-day-craft>

## FREE SCREENINGS



## CHESTERTON PHYSICAL THERAPY IS HONORING THE DADS OUT THERE WITH FREE SCREENINGS IN JUNE

We are offering FREE healthy movement screenings to all Dads in the month of June at our 3 locations. At this 30-minute one-on-one appointment with a physical therapist you can ask any questions about your aches and pains.

### What You Will Receive:

- A diagnosis – Find out what is causing your pain
- A prognosis – How long will it take to get back to normal?
- A plan – How your therapy can fix the problem without the side effects of medication, injections or surgery

### This Screening Is For Any Dad Suffering From...

- Lower back pain • Arthritis • Sciatica • Neck pain
- Headaches • Shoulder pain • Knee pain • Problems walking

**Call today to schedule your FREE Screening and feel better, have more energy and move like you should this summer!**

Hurry, the screenings are free but space is limited.

## HEALTHY RECIPE GRILLED CHICKEN CAPRESSES



### INGREDIENTS

- 2 (about 1 lb) large boneless, skinless chicken breasts
- 2 oz fresh salted mozzarella
- 2 plum tomatoes
- 2 tbsp olive oil
- 1/4 cup fresh basil

**DIRECTIONS** Set grill to medium. Lay the chicken breasts flat and cut horizontally with knife parallel to cutting board to form 4 thinner cutlets. Brush chicken with the olive oil and season all over with salt and pepper. Place chicken on grill and cook 4 min. per side. Meanwhile, very thinly slice the mozzarella. Thinly slice the tomatoes. Thinly slice the basil. Arrange tomato slices on chicken. Top with mozzarella. Cover and cook another 2–3 min., until cheese melts and chicken is cooked through. To serve, season with pepper and garnish with basil.

## 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 or scan the QR Code below to go to our referral page. We will send them information about how we might be able to help them.

Scan the QR Code to go to our referral page.



SCAN ME

VISIT OUR WEBSITE TODAY TO SCHEDULE YOUR APPOINTMENT!



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