

MARCH 2022



SPRING INTO ACTION

SPRING IS THE SEASON OF RENEWAL AND ACTIVITY

Are you looking forward to getting more active after a long winter this spring? Do you worry that with more activity comes more aches and pains? At Chesterton Physical Therapy, we understand injuries, how to resolve them, and avoid them. We will work with you to make sure you have a great Spring!

Springtime is here, and with it comes rekindled energy to get started on resolving old injuries and reaching your fitness goals! All of us have been stuck inside for months, so now more than ever, it's important to stay on top of your health and make sure you're engaging in activities that encourage you to get up and move.

The weather is warming up, so it's a great time to "spring" into action and start doing the things you love again! The fear of injury or perceived difficulty getting started can prevent you from initiating the steps needed for a healthy and active lifestyle.

If you require assistance in getting started, whether to resolve an injury or commit to fitness, physical therapy can help.

Request an appointment with Chesterton Physical Therapy today!

Physical Therapy Can Help You Be More Active This Spring

Studies indicate that only about 20% of the adult population in America exercises enough (i.e., minutes per day and days per week). Busy life and lack of motivation are often the main excuses for this inactivity. For some, injuries and uncertainty about what to do and how to do it are explanations for sedentary lifestyles.

Finding the time or the motivation to exercise is difficult for many people. Still, with a season of renewal right around the corner for us, it's essential to know what your options are when it comes to getting into shape!

Physical therapy is helpful for people recovering from an injury or surgical procedure. Chesterton Physical Therapy are movement specialists who offer safe and effective ways to improve your overall fitness level so that you can enjoy physical activities this spring!

Some of the common Springtime activities physical therapy can help with include:

Running – Running can be hard on the joints, especially as we age. One of the most

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FREE

CONSULTATIONS FOR HAND, ELBOW, OR SHOULDER PAIN!

Chesterton Physical Therapy is offering free consultations for hand, elbow, or shoulder issues in March. As spring begins and you become more active, sprains and strains and other injuries can happen. But we are here for you. Call today to set up your free consultation and get back to the activities you enjoy!

MICHIGAN CITY (219) 898-4360 | CHESTERTON (219) 926-9779
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HEALTHY RECIPE ROQUEFORT PEAR SALAD



INGREDIENTS

- 1 head leaf lettuce, torn into bite-size pieces
- 3 pears
- 5 ounces Roquefort cheese
- 1 avocado
- 1/2 cup thinly sliced green onions
- 1/4 cup white sugar
- 1/2 cup pecans
- 1/3 cup olive oil
- 3 tablespoons red wine vinegar
- 1 1/2 teaspoons white sugar
- 1 1/2 teaspoons prepared mustard
- 1 clove garlic, chopped
- 1/2 teaspoon salt
- Fresh ground black pepper to taste

DIRECTIONS

In a skillet over medium heat, stir 1/4 cup of sugar together with the pecans. Continue stirring gently until sugar has melted and caramelized the pecans. Carefully transfer nuts onto waxed paper. Allow to cool, and break into pieces. For the dressing, blend oil, vinegar, 1 1/2 teaspoons sugar, mustard, chopped garlic, salt, and pepper. In a large serving bowl, layer lettuce, pears, blue cheese, avocado, and green onions. Pour dressing over salad, sprinkle with pecans, and serve.



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common injuries that keep people from running without pain is shin splints. These occur when there is pain along the bone in the lower leg, known as the tibia or shin bone. Shin splints are often the result of inexperience, training errors (i.e., too far, too fast), and a previous unresolved injury. A physical therapist can help ensure your body is adequately prepared before you hit the trails!

Gardening – Gardening usually requires you to get down on your hands and knees in the dirt! A physical therapist can identify and remedy this. Physical therapy can help you relieve any knee pain, wrist/hand pain, shoulder pain, or lower back pain you've been dealing with this winter. We can make sure you're moving better and strong enough to ensure you can spend time outside tending your flowers, fruits, or vegetables.

Biking – Biking is a fun activity people enjoy doing as it warms up outside! Similar to running and gardening. However, biking can also prove to be difficult if you're suffering from injuries that have not healed. Chronic shoulder or neck pain or hip and lower back conditions that restrict your mobility can keep you off the bike. Physical therapy can help to mobilize your joints and help you build up strength and endurance so you can continue taking those long bike rides through the park, mountains, or city streets!

Our physical therapists will evaluate your current physical condition and assess your fitness level. Whether you're currently moving with assistance from a cane, walker, or orthotic device, or you're a serious athlete, physical therapy can help you increase your fitness level, reduce your chance of injury, and eliminate pain from sore muscles.

What To Expect From Chesterton Physical Therapy



Our physical therapy sessions start with an injury assessment, no matter the condition or reason for getting started. This includes a thorough evaluation with details about past injuries, current injuries, health history, and specific goals you are trying to achieve.

We provide comprehensive treatments that include resolving injuries, injury prevention programs, and performance-based exercise programs to achieve your particular goals.

We will use this information to develop a comprehensive program that includes targeted manual techniques, mobility work, strengthening, and appropriate pain relief techniques. In addition, we will educate you and support you through changes you need to make to your lifestyle to ensure you achieve your fitness goals!

A physical therapy program can increase your fitness level and help you make the most of your favorite activities!

Chesterton Physical Therapy offers many therapeutic methods to help athletes and weekend warriors participate in whatever fitness or outdoor activity they love the most.

Request an appointment today if you're interested in using your reinvigorated energy this spring!



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Chesterton Physical Therapy

MICHIGAN CITY

Is Celebrating it's

4th Anniversary



EXERCISE ESSENTIALS

Try this simple exercise to relieve elbow pain.



Elbow Resistance Training

Stand with good posture and your elbow bent towards you, with your palm facing you, then apply resistance with your free hand and slowly lower your palm to your waist. Repeat 10 times.

Are you experiencing pain in your hand, elbow, or shoulder?

Do you want to strengthen these areas to help prevent injuries?

Chesterton Physical Therapy is offering free Hand, Elbow, and Shoulder Consultations in March. Call today to set up your appointment.

VISIT OUR WEBSITE TODAY TO SCHEDULE YOUR APPOINTMENT!



DIMPLE'S 10 TIPS TO HELP AVOID ACHES & PAINS IN THE GARDEN THIS SPRING

Common gardening activities, such as digging, planting, weeding, mulching, and raking can cause stress and strain on muscles and joints. This is especially true for senior citizens and people who are normally sedentary. Different body areas such as the shoulders, neck, back, and knees can be vulnerable to injury during gardening.

These 10 tips can help prevent injuries:

1. When lifting a bag, use your leg muscles (not your back).
2. Use a two-wheeled garden cart to move materials, as it is more stable than a wheelbarrow.
3. Keeping your body straight-er, using a kneeler, and kneeling with one leg up reduces the strain.
4. Sit while gardening to decrease stress on your back, knees, and hips.
5. Take rest breaks every 15 minutes and stop work before you become overtired.
6. Resist the urge to focus on just one area of the garden at a time, and instead move around doing various tasks.
7. Select garden tools that have padded and curved handles to protect the joints in your hands and fingers from excess pressure and strain.
8. If you have a weak grip, use pruners and clippers that have ratcheting or spring-action self-opening features.
9. Avoid twisting and reaching while planting or pruning.
10. Keep your feet firmly on the ground (no tip-toes) and use a reacher or pull branches down to your level before pruning them.





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Great Health Through Great Physical Therapy

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