



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

June 2023

PHYSICAL THERAPY ISN'T JUST FOR ADULTS



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.

HAPPY FATHER'S
DAY

IMPACT OF PT

HEALTHY RECIPE





Happy Father's Day from **Chesterton PT!**

Dear Chesterton Physical Therapy community,

We hope this newsletter finds you in good health and high spirits. At Chesterton Physical Therapy, we are passionate about providing quality care and promoting overall well-being for patients of all ages. In this edition, we want to shed light on an important topic: "**Physical Therapy Isn't Just for Adults.**"



While physical therapy is often associated with adult rehabilitation, it offers tremendous benefits for children, teenagers, and older adults alike.

Let's explore the ways in which **physical therapy can positively impact** people of all ages.

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[CHESTERTONPT.COM](https://www.chestertonpt.com)

1. PEDIATRIC PHYSICAL THERAPY:: GROWING STRONG

Physical therapy for children is a specialized area that focuses on promoting optimal growth and development. Our pediatric physical therapy programs are designed to address a wide range of conditions, including developmental delays, cerebral palsy, sports injuries, and musculoskeletal disorders. Our skilled therapists utilize age-appropriate exercises, play-based activities, and specialized techniques to enhance mobility, balance, coordination, and strength in children. By working closely with parents and caregivers, we create personalized treatment plans to support your child's unique needs and help them reach their full potential.



2. TEENAGERS: ACTIVE AND INJURY-FREE



Teenagers are often involved in sports and other physical activities, which can sometimes lead to injuries. Our physical therapy services for teenagers aim to optimize their recovery and minimize the risk of future injuries. From sprained ankles to overuse injuries, our therapists provide expert care, incorporating targeted exercises, manual therapy, and injury prevention strategies. We collaborate closely with teenagers, their parents, and coaches to develop comprehensive treatment plans that allow them to return to their favorite activities safely and confidently.

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3. AGING GRACEFULLY: PHYSICAL THERAPY FOR OLDER ADULTS



As we age, physical limitations and chronic conditions can impact our daily lives. Physical therapy plays a crucial role in helping older adults maintain independence, manage pain, and improve overall quality of life. Our geriatric physical therapy programs focus on addressing common age-related issues such as arthritis, osteoporosis, joint replacements, and balance problems. Through a combination of therapeutic exercises, manual therapy, and assistive devices, our therapists empower older adults to regain strength, improve mobility, and prevent falls.

We understand the unique challenges faced by seniors, and our compassionate team is dedicated to providing personalized care that promotes healthy aging.

4. SPECIALIZED PROGRAMS FOR UNIQUE NEEDS

At Chesterton Physical Therapy, we recognize that every patient is unique, and we offer specialized programs to address specific needs. From neurological conditions such as stroke and multiple sclerosis to women's health concerns like pelvic floor dysfunction, we have experienced therapists who provide evidence-based treatments tailored to each individual. By staying at the forefront of advancements in physical therapy, we ensure that our patients receive the most effective and innovative care available.



WE ENSURE THAT OUR PATIENTS RECEIVE THE MOST EFFECTIVE AND INNOVATIVE CARE AVAILABLE

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5. THE BENEFITS OF EARLY INTERVENTION

Whether it's pediatric, adolescent, or geriatric physical therapy, one common thread remains the importance of early intervention. By seeking physical therapy at the earliest signs of a problem, individuals can prevent further complications, reduce the duration of treatment, and enhance their overall outcomes. We encourage you to consult with our knowledgeable team if you or a loved one are experiencing any physical difficulties, regardless of age. Remember, early action can make a world of difference.

Conclusion:

Physical therapy is a powerful tool that spans across the lifespan. From children to teenagers, adults to older adults, it offers numerous benefits for individuals of all ages. At Chesterton Physical Therapy, we are committed to providing exceptional care and helping our patients reach their fullest potential. If you have any questions or would like to learn more about our services, please don't hesitate to reach out to our friendly team.

Stay healthy, stay active, and remember that physical therapy is for everyone!

Testimonial



I visited Chesterton Physical Therapy due to some Achilles tendinitis that was interfering with my training. Fully expecting to have a 5-minute discussion on some exercises I could do, they went above and beyond to understand my situation, provide relief for my pain, and gave me advice and exercises to do with my training. After my appointment, I was able to run without any pain for the first time in a month. Thank you to Dr. Maribel for her care and passion to both providing relief from my symptoms and helping with the next steps in improving my health!

-C. O'Hara

[Visit Our Website Today To Book Your Appointment!](#)

TRY THIS **HEALTHY** RECIPE

Veggie Burgers

Ingredients

- Chickpeas
- Olive oil
- Breadcrumbs
- Buns
- Parsley
- Toppings
- Salt and pepper
- Paprika

Directions

- Mash the chickpeas and mix in all the seasoning.
- Form patties in your size of choice.
- Grill on a well-oiled pan for about 3 minutes per side.
- Serve with buns and toppings.



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
Ph. No. (219) 898-4360

PORTAGE

3190 Willowcreek
Rd Suite A
Portage, IN 46368
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