



APRIL 2022

# ARE YOU FINDING DAILY TASKS DIFFICULT?

**LIVE COMFORTABLY  
ONCE AGAIN WITH  
OCCUPATIONAL THERAPY**



Are you recovering from a recent injury or surgical procedure? Are you living with a chronic condition that causes constant discomfort? Whatever the case may be, occupational therapy can help improve your health. At Chesterton Physical Therapy, our occupational therapists can help you restore your function and teach you the skills to manage your daily activities.

Occupational therapy helps people from young to old do the things they want and need to do. This kind of therapy works with people of all ages to live their life to the fullest by promoting health and/or living with injury, illness, or disability.

Occupational therapists (OTs) treat injured, ill, or disabled patients with the therapeutic use of everyday activities. By implementing strategies to help patients recover, improve, learn and maintain the skills needed for daily living and working duties.

**If you are experiencing discomfort, contact Chesterton Physical Therapy today for more information.**

## **What Conditions Are Treated By An Occupational Therapist**

The word "occupation" is used to describe activities of daily living, instrumental activities of daily living, health management, rest and sleep, education, work, play, leisure, and social participation.

Occupational therapists work with people to address their physical, cognitive, psychosocial, and sensory-perceptual limitations. OT aims to help improve a person's performance and engagement in occupations that affect physical and mental health and quality of life.

OTs work with elderly patients and teach them techniques to make completing daily tasks, such as dressing, eating, and bathing, much more manageable. In addition, we also help patients improve their fine and basic motor skills, strength, dexterity, and range of motion.

Occupational therapy focuses more closely on hand, elbow, and wrist pain relief. Some

*Continued inside.*





**FREE**

# PELVIC HEALTH CONSULTATION

Chesterton Physical Therapy is offering free Pelvic Health consultations in April. Call today to set up your free consultation and get back to the activities you enjoy!

MICHIGAN CITY (219) 203-1492 | CHESTERTON (219) 213-6931  
PORTAGE (219) 213-9105

## HEALTHY RECIPE VEGETARIAN BLACK BEAN TACOS



### INGREDIENTS

#### For the beans:

- 1 tbsp olive oil
- ½ small yellow onion, diced
- 1 garlic clove, minced
- 1 15-oz can black beans
- ½ tsp cumin
- ¼ tsp smoked paprika
- 1/8 tsp cayenne pepper
- ½ tsp kosher salt
- Ground black pepper, to taste

- 1 tbsp tomato paste

- 1 tbsp water

#### For the tacos:

- 8 hard corn taco shells
- 4 oz Hass avocado
- Juice from 1/2 small lime
- Pinch kosher salt
- Ground black pepper, to taste
- ½ cup shredded cheddar cheese
- 1 plum tomato, diced
- 1 cup shredded romaine lettuce

**DIRECTIONS** Preheat oven according to taco shell package directions. Lay taco shells on a sheet pan in an even layer. Bake shells for 6-7 minutes. Meanwhile, heat a large skillet over medium heat. Add the canola oil, add the onion and sauté for 2-3 minutes. Add the garlic and sauté for 30 seconds. Add the beans, spices, tomato paste and water and mix until combined. Cook about 3 minutes to allow flavors to meld and beans to heat through. In a small bowl, mash avocado with a fork until smooth. Add lime juice, salt and pepper. Place taco shells on a flat surface. Layer each shell with 1/8 of the bean mixture, then the cheese, mashed avocado, tomatoes and lettuce.

[www.skinnytaste.com/black-bean-tacos/](http://www.skinnytaste.com/black-bean-tacos/)





# LIVE COMFORTABLY ONCE AGAIN WITH OCCUPATIONAL THERAPY

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common conditions we treat with OT, through our specialized hand therapy services, include:

- Carpal tunnel syndrome
- Arthritis
- Burns
- Nerve injuries
- Fractures
- Tendinitis

The medical conditions that occupational therapists often treat include the following:

- ADHD
- Chronic pain
- Stroke
- Diabetes
- Brain injuries
- Spinal cord injuries
- Multiple sclerosis

Everyday personalized activities that people do as individuals, in families, and with communities to occupy time and bring meaning and purpose to life. Occupations can involve the execution of multiple activities for completion and can result in various outcomes.

Whether you're dealing with an old or new issue, conservative care of an occupational therapist is one of the most effective ways to treat pain and injury. The goal of rehabilitation is to help you regardless of your current condition or the setting you need assistance in. We will help you participate in the activities you need and want to do.

## What To Expect Occupational Therapy Visit

Occupational therapy is more than just addressing an injury. At Chesterton Physical Therapy, our dedicated therapists focus on the functional needs of each patient by implementing specific exercises and activities that promote physical and psychological well-being.

We will perform a thorough evaluation, determine the best course of action, and implement the strategies to ensure a positive outcome. We may also include evaluating your home and other environments (i.e., workplace, school) and making recommendations for adaptive equipment and/or training to fit your needs.

Our team will implement compensatory techniques to help you perform tasks in an alternative manner or by using adaptive aids to be more independent. We can also use compensatory strategies to help you learn new tasks when your abilities and current situation dictate a new way.

Occupational therapists use a holistic perspective, focusing on adapting the environment to fit the person. You will feel better emotionally when you can comfortably engage in essential activities. This unique approach makes occupational therapy a vital part of your health care.

**Whether you are looking for relief, looking to prevent an injury, or simply improving your physical function, occupational therapy is here for you. Our skilled OTs will work closely with you to help you reach your goals!**

**If you're ready to get started on the path toward improved health, contact our office today!**



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



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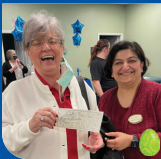
# Chesterton OCCUPATIONAL THERAPY In Action



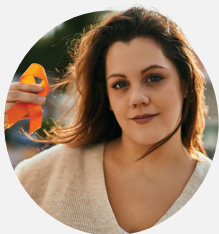
## Chesterton Physical Therapy MICHIGAN CITY 4th Anniversary



*Thank you  
to everyone  
who joined  
us for the  
celebration.*



**VISIT OUR WEBSITE TODAY TO SCHEDULE YOUR APPOINTMENT!**



## PATIENT SPOTLIGHT

*I'm on the right track to getting my strength back in my arm and leg.*



I have been going there for a month now and I'm amazed. Everyone is so sweet and kind! I have never had a bad experience with Chesterton physical therapy! I'm very excited every time I go in. I'm having an amazing experience and I'm starting to feel better. Having multiple sclerosis sucks big time but they are so helpful and understanding. They really work with you and want to make sure you get better! I'm on the right track to getting my strength back in my arm and leg. Thank you so much! – **Stephanie L.**



*You can help others by sharing your story! Just scan the QR Code to go to our Google Review page and share your success story.*

*← Thank You!*

## 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.*



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# CHESTERTON PHYSICAL THERAPY, INC.

*Great Health Through Great Physical Therapy*

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**NEW  
LOCATION  
IN PORTAGE  
NOW OPEN!**

CHESTERTONPT.COM



**FIND THE EASTER EGGS:  
CALL IN & YOU COULD WIN!**

How many Easter Eggs are there hidden in this newsletter? Call (219) 213-6931 with the right answer to be entered into our monthly drawing for your chance to win a \$25 gift card.



WE PROVIDE CARE TO HELP RELIEVE YOUR PAIN  
GET BACK TO THE LIFE YOU ENJOY — **CALL TODAY!**



*Happy Easter!*



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.