



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

MAY 2022

A Mom is a woman who helps to set the standards, the family values and the example. Moms eagerly accept and cherish the role of creating a healthy, happy and successful environment for their kids. What person in their right mind signs up for a job with zero pay?

Moms Do!

So, Chesterton Physical Therapy wants to say thanks to all the Moms out there. We offer top of the line equipment and treatments to help you keep up with your busy life. Treat yourself to better health and pain relief this Mother's Day!

If you or someone you know is a mother who is suffering from pain, please do not wait any longer! Call us today to begin your recovery journey with Chesterton Physical Therapy! You'll be glad you did!



WE ARE THANKFUL FOR YOU, MOMS!

Happy Mother's Day!



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.

Are You Suffering
From A Swimming
Injury?

Patient
Spotlight

Exercise
Essentials



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ARE YOU SUFFERING FROM A SWIMMING INJURY?

Discover Pain Relief From Your Swimming Injuries Now!

If you are a swimmer, then you might have experience with swimming injuries. As this is a common problem among swimmers, these kinds of injuries should not be left unnoticed.

Without proper treatment, swimming injuries can cause further damage and may impact your range of motion and proper function within the joints and muscles.

Swimming injuries are more than just injuries, and they differ from one person to another even if the location of the impact is the same. Our innovative care strategies at Chesterton Physical Therapy will help you understand your swimming injury and find quick relief.

If you are curious about what Physical Therapy can do for you, then we suggest that you keep reading to learn more about common swimming injuries that can be treated with PT.

Are You Experiencing Any of These?

- **Shoulder Pain** – According to a study of 80 professional swimmers aged 13 to 21, 91% of them showed that they have experienced

dealing with pain in the shoulders. This is true, as the shoulders are the most commonly used joint needed for swimming.

Repetitive strokes can exhaust the shoulders, leading to fatigue in the muscles. These can lead to an injury, limiting movement.

Different Types of Shoulder Pain include:

Swimmer's shoulder – Inflammation and weakening of the rotator cuff muscles, leading to increased pain within movement.

Bicep tendonitis – Irritation of tendons in the biceps and joints, causing sharp pain and inflammation in front of the shoulders.

Shoulder bursitis – Can occur along with tendonitis and other shoulder injuries, these are commonly caused by repetitive activity within the shoulders.

- **Knee Pain** – Common among most breaststroke swimmers, knee pain or a swimmer's knee is caused by repeatedly kicking and twisting the

legs during breaststroke. The ligaments in the knee get overused and stretched, causing pain, inflammation, and swelling around the knee joints.

- **Neck Pain** – Neck pain can result from poor breathing techniques or a shoulder injury as your neck muscles support your injured shoulder. The repetitive motion of turning and lifting the head above water during strokes can also strain the neck muscles, leading to pain and stiffness.
- **Back Pain** – Certain strokes such as butterfly and breaststroke can place stress on the back, causing the spine's joints to get pressed. This can lead to back pain that radiates and worsens gradually as the swimmer moves through the water.

Why Am I Experiencing These Symptoms?

If you are experiencing at least one symptom above, then you might have a swimming injury already. You don't have to worry, since

Continued inside.



DISCOVER PAIN RELIEF FROM YOUR SWIMMING INJURIES NOW!

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most swimmers of all levels of experience – including those who are just starting with swimming lessons, or professionals competing in contests – have had an experience dealing with a swimming injury at least once in their lives.

Swimming injuries occur because of repeated movements needed to do to move through the water, but it's more than that, some causes of swimming injuries include:

- Overuse
- Overtraining
- Poor stroke mechanics
- Poor breathing techniques
- Not enough rest periods
- Poor flexibility
- Decreased range of motion in neck and back
- Lack of core strength and stability

How Can Physical Therapy Help With Swimming Injuries?

The first step in treating your swimming injury is to understand your pain and the location of the impact. During your first visit, your therapist will run tests to assess your pain as well as your balance, posture, and even your biomechanics used for swimming.

The information collected on these tests can help our experts customize a special therapy plan designed for the type of swimming injury that you're experiencing.

Your therapy plan will most likely include exercises, stretches, joint mobilization, manual therapy, and body mechanics to help with regaining your range of motion, reducing pain, stretching and building strength within muscles, decreasing the risk of muscle cramps, and promote proper functioning of joints.

Manual therapy includes a therapeutic massage for your swimming injuries that can help soften tissues and relieve stiffness at the location of the impact.

Body mechanics involves exercising the joints by teaching you the proper way to move, sit, or stand. These exercises can help with regaining range of motion especially within the shoulders and knees which are most commonly used for swimming.

Your physiotherapist might also assess your training plan to find any errors that might be causing your swimming injuries. With this, your

therapist can suggest changes to your swim plan to avoid the risk of any swimming injury in the future.

Start Your Recovery From Swimming Injuries Today!

If you, a family member, or a friend have been having a hard time dealing with swimming injuries, we are here to let you know that you're not alone.

Don't let swimming injuries get in your way, you deserve to enjoy any sport including swimming without worries.

Reduce your pain and worries at the same time by contacting our physical therapist today! We are here to help you understand, treat, and prevent swimming injuries with our effective physical therapy services.



EXERCISE ESSENTIALS

Try this simple exercise to keep you moving...

Shoulder X Rotation

Move through the following four shoulder positions slowly and one right after another, forming an X pattern. Repeat 10 times on each shoulder.



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

HAPPENINGS AT CHESTERTON PT



We celebrated Occupational Therapy month with a sponsored talk show for **WIMS** radio.

Gaurav, the Clinic director in Michigan City, got married.



One patient just loves the electrical stimulation treatment so much that she wanted to hug the machine.



One patient had great success in less than 3 weeks as she went from not being able to walk without limping and pain to being able to do everything pain-free!



HEALTHY RECIPE KACHUMBER SALAD (INDIAN SALAD)

INGREDIENTS

- 1 small onion finely chopped
- 2 medium tomatoes chopped small
- 1 large cucumber chopped small
- 4-5 (4 to 5) red radishes chopped small (optional)
- 1 green chili finely chopped (remove seeds to reduce heat if needed)
- 1/4 cup (4 g) packed chopped cilantro
- 1/4 tsp (0.25 tsp) or more salt
- 1/4 tsp (0.25 tsp) or more freshly ground black pepper
- 1/4 tsp (0.25 tsp) or more cayenne pure red chili powder
- 1 tsp or more freshly squeezed lime or lemon juice

DIRECTIONS Chop the onions, tomatoes, cucumbers, radishes, wash and drain well then add to a bowl. Add the veggies and the rest of the ingredients to a bowl. Taste and adjust salt and heat. Serve.

Source: www.veganricha.com/kachumber-salad-cucumber-tomato-onion-salad-recipe/



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 With...

- 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 screening are free but space is limited.

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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