

Dear <u>Chesterton Physical Therapy</u> community,

We hope this newsletter finds you in good health and high spirits. At <u>Chesterton Physical</u>
<u>Therapy</u>, 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.

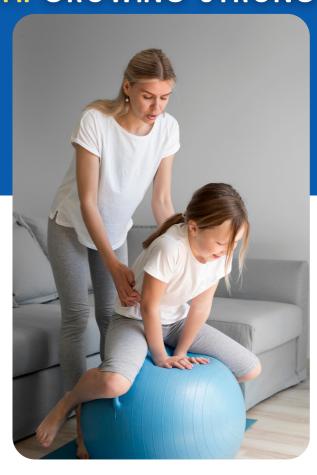


While physical therapy is often associated with adult rehabilitation, it offers tremendous benefits for children, teenagers, and older adults alike.

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

## 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 therapists utilize skilled age-appropriate exercises. play-based activities, and specialized techniques to enhance mobility, balance, coordination, and strength 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.

### 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 helping older adults maintain independence, manage pain, and improve overall quality of life. Our geriatric physical therapy programs focus 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 to regain strength, improve adults 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, 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 floor dysfunction, pelvic 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



## 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 <a href="Chesterton Physical Therapy">Chesterton Physical Therapy</a>, 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!





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!

-<u>C. O'Hara</u>

### 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 <u>Physical Therapy</u>, 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 Ph. No. (219) 682-2990

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