



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

MAY 2023

If you have **Sciatica**
and **Back Pain**
symptoms, don't wait
to **see a PT!**



Global accreditation authority helps facilities demonstrate a strong commitment to patient safety, and standardized quality, maintain fiscal responsibility, promote services to patients, and collaborate with other healthcare leaders.

**SCIATICA AND
BACK PAIN**

**BENEFITS OF
PT**

**PT & PAIN
RECOVERY**



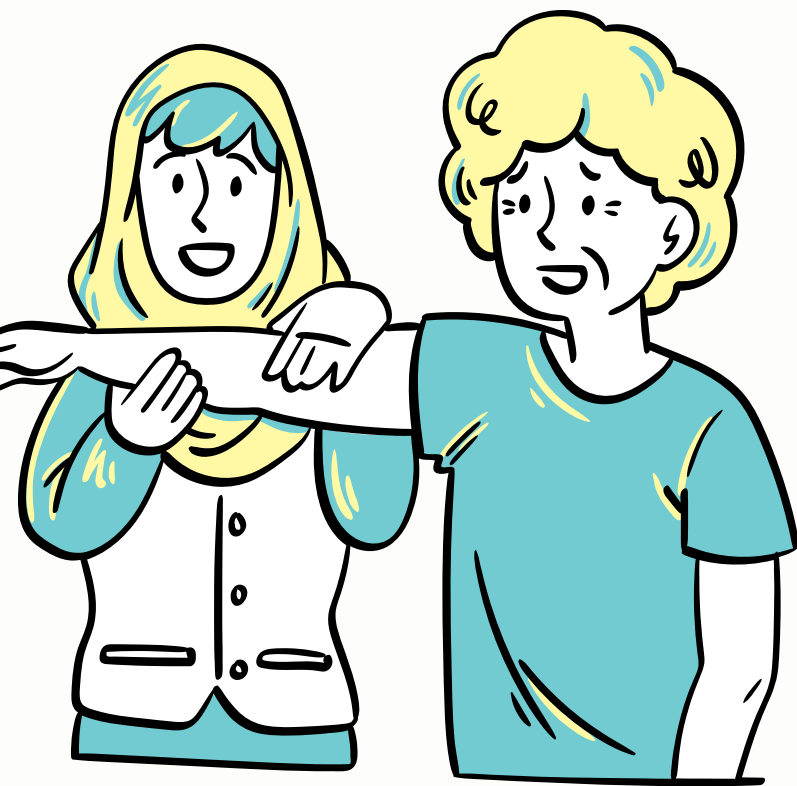
Welcome to the May 2023 edition of the Chesterton Physical Therapy Monthly Newsletter!

W E L C O M E

Happy Mother's Day from Chesterton PT!



If you're experiencing **back pain** and **sciatica** symptoms, don't wait to see a physical therapist. Sciatica is a condition that causes pain, tingling, and numbness in the leg and can be caused by a variety of conditions, including herniated discs and spinal stenosis. Back pain can be caused by a variety of factors, including poor posture, muscle strains, and spinal abnormalities. However, both conditions can be treated effectively with **physical therapy**.



Physical therapy is a non-invasive, drug-**free treatment** that can help relieve back pain and sciatica symptoms. Physical therapists are experts in movement and can help identify the underlying cause of your pain. They will work with you to develop a **personalized treatment** plan that addresses your specific needs and goals.

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One of the most important [benefits of physical therapy](#) is that it can help reduce your pain. Physical therapists can use a variety of techniques to help relieve your symptoms, including massage, manual therapy, and exercise. They can also teach you specific exercises that can help strengthen your back and core muscles, which can help prevent future episodes of pain.



In addition to reducing pain, physical therapy can also help improve your flexibility and range of motion. This can be particularly important if you're experiencing sciatica, which can cause your leg to feel stiff and difficult to move. By improving your range of motion, **physical therapy** can help you move more freely and reduce your risk of further injury. Another benefit of physical therapy is that it can help improve your posture. Poor posture can be a contributing factor to both back pain and sciatica, and physical therapy can help you learn how to sit, stand, and move in a way that is healthier for your spine. This can not only help reduce your pain but can also improve your the overall quality of life.



If you're experiencing **Back pain or sciatica symptoms,**

Don't wait to see a physical therapist. The longer you wait, the more difficult it can be to treat your condition.

Early intervention with physical therapy can help you achieve faster and more effective results and can help you avoid more invasive treatments, such as surgery or medication.

At [Chesterton Physical Therapy](#), our team of experienced physical therapists can help you overcome your back pain and sciatica symptoms. We use a variety of techniques, including manual therapy, exercise, and education, to help you achieve your goals and improve your quality of life. [Contact us today](#) to schedule an appointment and take the first step towards a pain-free life.



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TRY THIS **HEALTHY** RECIPE

Creamy Spinach Pasta

Ingredients

- 4 cups baby spinach
- 1 cup basil
- 1/2 cup toasted walnuts
- 6 tablespoons olive oil, divided
- 1 lemon, zested and juiced
- Kosher salt, to taste
- Black peppercorns, freshly ground, to taste
- 2 cloves garlic, thinly sliced
- 1/4 teaspoon Simply Organic Crushed Red Pepper
- 1 pound dried spaghetti

Directions

- Combine spinach, basil, walnuts, 3 tablespoons olive oil, lemon juice and zest and 1/4 cup water, then puree until smooth.
- Heat olive oil, garlic and crushed red pepper. Add the pasta, 5 cups water and a pinch of salt.
- Stir in the spinach pesto. Adjust seasoning with salt and pepper, then serve.



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
Ph. No. (219) 682-2990

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