



# Physical Therapy + Running Academy Newsletter

October 2017

## It's National Physical Therapy Month!

### Getting To Know...

Professional bios can be a little dull. (Although, ours are pretty impressive—you can read them [here](#).) One of the things we pride ourselves on is our ability to connect with our patients on a more personal level. We recognize, however, that we don't always share enough about our lives. So, here's a peek into who we are *outside* of the clinic.

#### Dana

Reading  
Walker Brothers  
Panera Bread  
Chicago Blackhawks  
Sanibel Island, Florida  
Force Plate & Frenzel Goggles  
Deep Dish Pizza  
Goonies  
Photography  
Summer

#### Favorite...

Activity In Spare Time  
Breakfast Spot  
Lunch Spot  
Sports Team  
Vacation Spot  
Exercise Equipment  
Food  
Movie  
Hobby  
Season

#### Denise

Play with my kiddos  
Kim & Patty's  
Breaking Bread  
Detroit Red Wings  
Mackinac Island, Michigan  
Bosu  
Mac & Cheese  
Singing in the Rain  
Learning American Sign Language  
Spring

I became a physical therapist because I had a PT in high school and have always loved medicine. I enjoy helping people recover from injuries because it is rewarding to watch them meet their goals.



I became a physical therapist to help patients move through life. The human body is so amazing with the way it compensates and learns to function – I just love learning something new about the body every day.



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## Get PT First

Shifting the Focus to Prevention



What if we shift our focus to prevention instead of treatment? A healthy diet and exercise are excellent places to start. But sometimes we have little aches and pains that we ignore but later turn into a larger problem when they go unchecked. Most physical therapy clinics offer complimentary injury screens (ours included!), so Get PT First! [Read more.](#)



## Physical Therapy for the Treatment of Rotator Cuff Tears

You've been diagnosed with a rotator cuff tear. Now what? Is surgery your best bet for a full recovery? New research suggests not. [Learn more...](#)

## Feeling Social?



## Preventing Knee Meniscus Surgery

A 2013 study found physical therapy was a reasonable choice to avoid meniscus surgery to the knee. The study found that when a patient participated in therapy and continued with strengthening exercises, they were successfully able to avoid surgery. The meniscus acts as a cushion between the lower leg bone (tibia) and the thigh bone (femur). Over 1/3 of people over the age of 50 have a tear in one of the two menisci. [Read more.](#)



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