



# DIAMOND PHYSICAL THERAPY

[www.dptrehab.com](http://www.dptrehab.com)

February, 2010

## Feeling Off-Balance?

One in two Americans will struggle with balance problems at some point in their lifetime, a problem that often increases in severity as they age. As many as one-half of those 65 years of age and older eventually experience a fall caused by dizziness, vertigo, or lightheadedness, often leading to bone fractures; the leading cause of injury in older adults.

While there are many causes of chronic balance problems, the good news is that once the impairments are identified, they can be successfully treated.

Our licensed Physical Therapists can help improve the ability to maintain balance during sitting, standing or walking activities; and to increase one's general activity level and safety in a variety of home and community situations.

*Why not live safely, live better and live more independently?*

**Call us today and schedule your free consultation.**

**WE GET RESULTS!**



## MARK YOUR CALENDARS!

- 1) SENIOR'S ON STRENGTH: Casey will be giving a presentation 2/9/10 @ ICL-Roosevelt University, Schaumburg.
- 2) NORTHERN KANE COUNTY EXPO: 2/20/2010-2/21/2010 @ Springhill Mall.
- 3) CARY-GROVE EXPO: 3/6/2010 @ Cary-Grove HS.
- 4) CRYSTAL LAKE EXPO: 3/27/2010-3/28/2010 @ Crystal Lake South High School



***Be sure to stop by and visit us on one or all of these events!!***

***We love seeing our patients and former patients at these events!!!***

FOLLOW US ON.....



**FACEBOOK**

**Become a fan of Diamond Physical Therapy.**



The **Olympics** are coming to  
**Diamond Physical Therapy**  
Stop by or call and see how you  
can be a part of  
**Team Diamond USA!!!!!!**

**NOT FEELING AS GOOD AS YOU SHOULD?**

What are you waiting for.....call us for a

**FREE CONSULTATION!**

Remember how good you felt when you were done with Physical Therapy?

Don't you want to feel that way again?

That nagging pain may only get worse!!

Stop it before it stops you!!

Call MARY now at 847-854-0196 to set up your

**free consultation!**

**Meet Linda Yasukawa, PT, MS**

Linda possesses clinical expertise in treating patients with vestibular & balance issues, headaches, back pain and neurological conditions ranging from Parkinson's to neuropathy to other neuromuscular diseases/conditions.

She is also one of our Aquatic Physical Therapists.

*Call Mary to schedule your appointment with Linda today!*



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**CONGRESS WANTS TO LIMIT YOUR PHYSICAL THERAPY**

Congress has enacted a bill that limits your physical therapy. This law has been repealed each year in the past but Washington has let it slip the beginning of this year. We can get it repealed again with your help. You may have received a letter earlier this month explaining the situation and asking you to call or write your elected officials to erase this law.

In the meantime, **WE CAN STILL TREAT YOU.** The problem arises when it takes more than a few weeks to get better, like a knee replacement. It is also a problem if we treat you for say back pain in February and then in July you hurt your shoulder.

With your help we are sure the bill can be repealed. We have the contact information for your Senator and Congressman if you need it.

**BUT IN THE MEANTIME, IF YOU NEED PHYSICAL THERAPY, WE CAN STILL HELP YOU. DON'T LET YOUR HEALTH GET OUT OF HAND BEFORE YOU SEEK TREATMENT.**

**Diamond Physical Therapy** is conveniently located at 1406 E. Algonquin Rd. in Algonquin.

Ph: 847-854-0196 Fax: 847-854-0197 www.dptrehab.com