

ORTHO GO

PHYSICAL & AQUATIC THERAPY

Orthogo Physical and Aquatic Therapy Newsletter

EXERCISE IS MEDICINE

First, on a personal note. The developer of our website, who is a physical therapist, shared a great story with me. His father, overweight for most of his life and a type II diabetic, finally said enough. He obtained the proper counseling and support and lost 55 pounds. Not too shabby. The even better news is that he no longer takes any diabetes medication and his back and feet don't hurt anymore.

Second, here is the bigger picture. The American Medical Association along with physical therapists, has recognized for years that exercise has a number of positive health benefits. Well, they have formalized that position with their campaign "Exercise is Medicine". Here's why you should take a look at this site and try to internalize it. Proper exercise helps with:

- » Cancer
- » Arthritis
- » Depression/Anxiety
- » Osteoporosis
- » Diabetes management
- » Blood pressure
- » Heart disease
- » Obesity
- » Chronic fatigue
- » Fibromyalgia

Visit www.exerciseismedicine.org and get moving. We are here to help. If you have any questions, give us a call. Before you start any exercise program ask your physical therapist or contact your doctor.

HERE IS THE ACSM'S PRE-PARTICIPATION CHECKLIST

Click here

http://www.exerciseismedicine.org/documents/Pre-Participation_Checklist.pdf

Click On or Type the URL above into your browser address bar

Exercise can change your life. Consider the possibilities and to your health in 2010 and beyond.

Our Services

- One-on-One Care
- Orthopaedic Therapy
- Back/ Neck Injuries
- Total Joint Rehab
- Arthritic Conditions
- Shoulder Conditions
- Hand Rehab
- Aquatic Therapy Pool
- Sports Rehab
- Sport Specific Ex
- Golf Program
- Industrial Rehab
- Work Conditioning
- FCEs
- Job Analysis
- Pre work Screening



Clinics

Orthogo Physical & Aquatic Therapy
4151 W. Orleans Street
McHenry, IL 60050
815 344 9727

"Exercise is Medicine. If you have questions, contact us today."