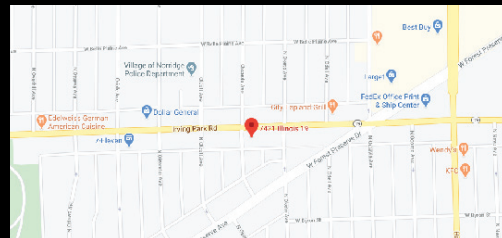




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**FUNCTION 1ST PHYSICAL THERAPY**  
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**N E W S L E T T E R**



# STAND TALL!

*DON'T LET SPINAL STENOSIS STOP YOU*

**SAVE MONEY,  
FEEL BETTER!**  
DETAILS INSIDE! ▶

According to the American Academy of Orthopedic Surgeons, spinal stenosis is a silent epidemic. It is estimated that 2.4 million Americans will suffer from spinal stenosis by 2021. Spinal stenosis occurs mostly in people 50 and over, but can occur in younger adults with a history of arthritis.

**WHAT IS SPINAL STENOSIS?**

Spinal stenosis refers to the narrowing of the canals in your spine that are formed by the vertebrae. This narrowing can impinge on the nerves exiting your spine or the spinal cord itself. Symptoms can vary, but often include radiating pain to the back, buttocks and even legs. Furthermore, weakness and poor balance in the legs can often occur, making it difficult to tolerate walking long distances and prolonged standing.

**FORAMINAL STENOSIS**

This is the most common form of spinal stenosis. It refers to the narrowing of the foramen canals on either side of the spine formed by the vertebrae above and below the segment. In each canal,

spinal nerves exit the lower back to supply different parts of the pelvis and legs. With age and deterioration of the discs between the spine, the canals shrink in size and may also have bone spurs. This irritates the nerve roots, especially when the spine is extended. Sitting typically feels better, but standing and backwards bending increase pain.

**IS SURGERY NEEDED?**

There is a big push towards fusion surgery for spinal stenosis and back pain. However, studies show that surgery should be a last resort, after conservative measures such as physical therapy are performed. In the vast majority of cases, surgery is not needed and people will have significant if not complete relief of their symptoms with physical therapy. Physical therapy targets the muscles and joints of the spine to build strength, improve stability of the spine and maintain the foramen as open as possible. If you believe you have spinal stenosis symptoms, then call us today to speak with one of our expert physical therapists.

**ARE YOU LETTING YOUR PAIN HOLD YOU BACK? CALL TO SCHEDULE YOUR APPOINTMENT TODAY!**



**N E W S L E T T E R**



Meet Mike Geimer, PT, DPT, MDT  
Director of The Healthy  
Spine Center™



# STAND TALL!

*DON'T LET SPINAL STENOSIS STOP YOU*

**ALSO INSIDE**

Air Flex Flexion & Distraction Table • Save Money, Feel Better!  
Exercise Essentials • Staff Spotlight: Mike Geimer





## AIR FLEX FLEXION & DISTRACTION TABLE

Spinal stenosis is a common finding in the spines of back pain sufferers, particularly those who are older. Baby boomers talk about the aches and pains that come with aging, and back pain due to spinal stenosis is a likely culprit. Spinal stenosis may be in the neck, mid-back or low back. Spinal stenosis may cause just back or neck pain as well as accompanying arm pain or leg pain.

Fortunately, surgery is not always necessary to relief spinal stenosis pain. Non-surgical relief for spinal stenosis may be achieved with Cox Technic and the Air Flex Flexion & Distraction Table. The Air-Flex Flexion and Distraction Table is a treatment table designed to allow easy manual flexion adjustments for chiropractic medicine, physical therapy, massage therapy, and more. This table features air-controlled flexion as well as distraction that is operated using a pressure pedal. The table is electrically height adjustable, and is available with a wide range of optional customizations that allow practitioners to adapt the table to their specific needs and the needs of their patients. The Air-Flex Flexion and Distraction Table comes standard with a locking thoracic release section, lateral flexion and rotation with the leg section, and a slide-out foot section with ankle wraps.

Flexion-distraction and decompression is spinal manipulation. The American Pain Society and the American College of Physicians recommend spinal manipulation as primary care for low back pain of which spinal stenosis is a common cause. Cox Technic biomechanically opens the spinal canal area by 28% and drops intradiscal pressures to as low as -192mmHg, both desired outcomes when dealing with spinal stenosis which narrows the spinal canal space. Patients report relief of their spinal stenosis pain with Cox Technic and the Air Flex Flexion & Distraction Table protocols.

# SAVE MONEY, FEEL BETTER!



## HAVE YOU MET YOUR ANNUAL INSURANCE DEDUCTIBLE YET?

An insurance deductible is the amount of money that you must pay before your insurance company pays for your medical services. If your deductible is met, your Physical Therapy may not cost you anything.

Patients with family plans or those who have had major surgeries or have a chronic illness are especially likely to have a \$0 balance remaining on their out-of-pocket expenses. This means that the cost of physical therapy could be minimal or completely covered by the patient's insurance plan.

If you are close to or have met your insurance deductible for the year, then now is the time to come in for physical therapy! Are you feeling aches and pains? Need to work on your core? Let us help you get a head start for 2021.

Contact us today to schedule your appointment! Call us at 866-787-3422 or visit us online at [www.function1st.com](http://www.function1st.com).

## EXERCISE ESSENTIALS

### DOUBLE KNEE TO CHEST

Lay flat on your back with your knees bent. Draw both knees up to your chest as far as you can. Wrap your arms around your thighs and gently pull, feeling for a stretch. Hold for 30 seconds before relaxing.



### SEATED FORWARD STRETCH

Sit tall on the edge of the chair with feet flat on the ground. Step feet wider than hips. Inhale to lengthen the spine, exhale slowly while you lower your chest to your thighs, and hands to the floor. Hold for 5 seconds and repeat.



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[www.simpleset.net](http://www.simpleset.net)

## STAFF SPOTLIGHT



**MIKE GEIMER, PT, DIP. MDT**  
DIPLOMAT IN MCKENZIE  
METHOD® OF MECHANICAL  
DIAGNOSIS AND THERAPY®

Mike Geimer is a Physical Therapist and Director of our Healthy Spine Center™, which focuses on the conservative treatment of neck and low back pain. Mike received his Bachelor's of Science in Physical Therapy in 1977 from Marquette University.

He was one of the first to receive an advanced diploma in Mechanical Diagnosis and Therapy (Dip. MDT) in the state of Illinois in 1998 from the prestigious McKenzie Institute and is currently one of seven McKenzie Diplomats in the state.

Mike specializes in the conservative treatment of pain in the spine, including the neck, mid-back and low back in patients from ages 8-80. He has helped thousands of his patients avoid surgery and have a better quality of life.

In his free time, Mike enjoys golfing, spending time with his adult children and traveling with his wife.



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# GIVE US A SHOUTOUT!

Love Function 1st? Let us know it! Scan the QR code at right to leave us a Google Review!



## PATIENT TESTIMONIAL

"Very nice people, did an awesome job helping my daughter with her knee. I recommend this place to everyone!" — M. M.

"Great staff. Love the one on one attention from the therapist, he's awesome. The message therapist is amazing. Clean and friendly facility. I would definitely recommend to anyone." — K. L.

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