

Move Better

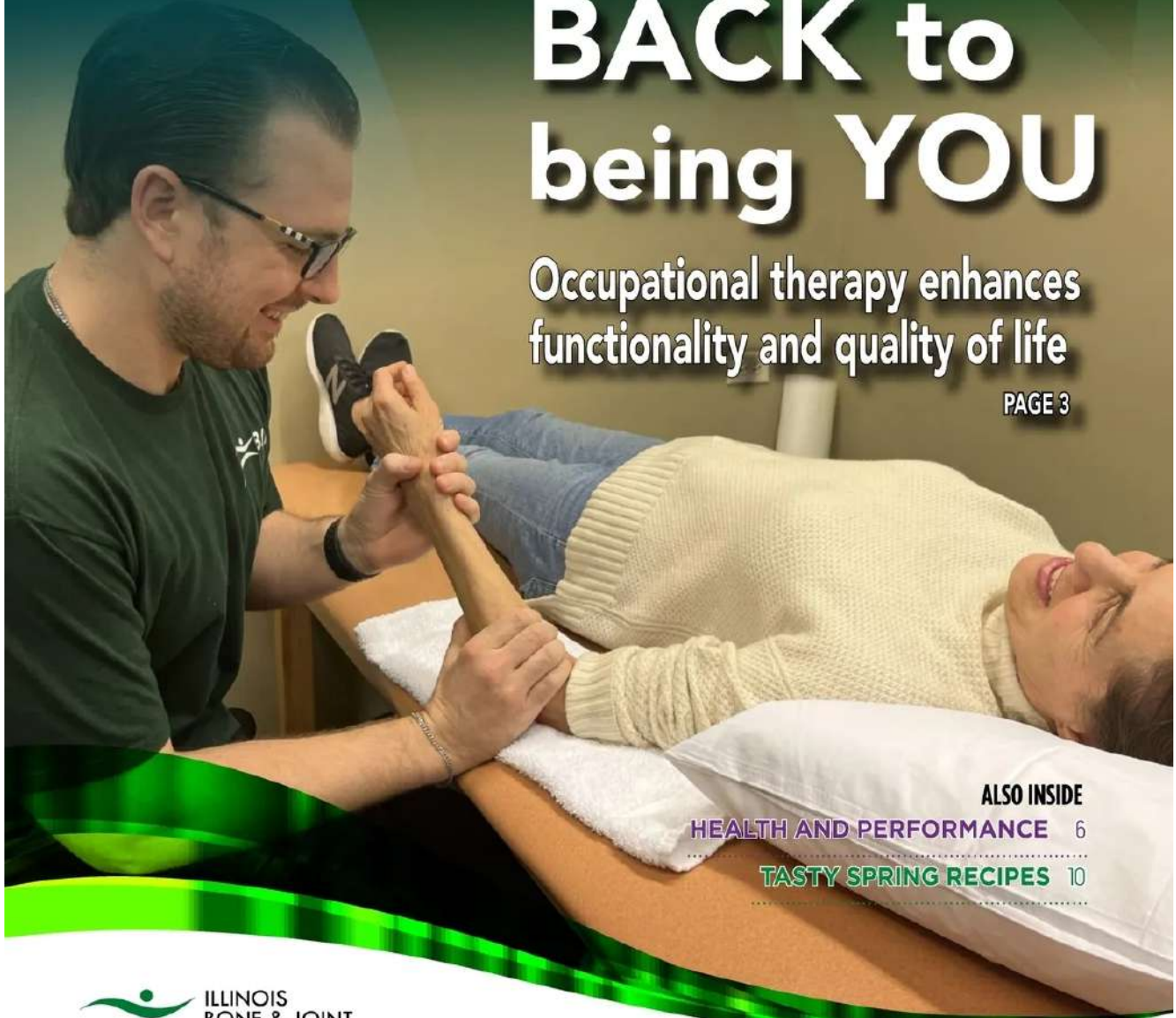


SPRING 2023 | Co-published with
Community Health Magazine

BACK to being YOU

Occupational therapy enhances
functionality and quality of life

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*Per federal guidelines, beneficiaries of plans such as Medicare, Medicaid, Tricare, VHA, and other federally funded plans are not eligible for complimentary injury screenings.



Move



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Move Better

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Spring into Wellness

Hello, and welcome to the spring 2023 edition of *Move Better*. With the Chicago area being on the brink of warmer temperatures, I am hopeful you all will have the opportunity to get outdoors and enjoy the weather.

Do you know that May is National Occupational Therapy Month? You have likely heard of occupational therapy, but there are some common misconceptions about what occupational therapy is. This aspect of health care has nothing to do with jobs or careers. Rather, occupational therapy involves medical intervention that helps people recover the ability to perform meaningful actions — or occupations — often after the decline of these abilities because of age, injury or surgery.

As Illinois Bone & Joint Institute occupational therapist Marjorie Kahle states in our cover story (page 3), occupational therapy is “rehabilitation to return to the functionality of everyday life.” Helping people recover this functionality is a specialty of IBJI, and National Occupational Therapy Month is meant to recognize the professionals such as Marjorie who help people get back to living their best lives. In addition to the cover story, check out “After the Fall” (page 5), about an IBJI patient who was back to living his active lifestyle just six months after sustaining severe injuries to his arm.

Also in this edition, we profile IBJI’s Health Performance Institute (HPI). This division of our services utilizes physical training and nutrition to support and enhance all phases of a person’s wellness journey. It is ideal for the athlete who aspires to be an elite performer, or for anyone — from children to seniors — who want to improve their health. Read the stories that begin on page 7 for more about HPI.

I hope you find this edition of *Mover Better* informational and educational. Wishing you all a safe, healthy and enjoyable spring!

Darci Grum
Director of Marketing
Illinois Bone & Joint Institute



DARCI GRUM
Director of Marketing

“... occupational therapy involves medical intervention that helps people recover the ability to perform meaningful actions — or occupations — often after the decline of these abilities because of age, injury or surgery.”

Back to being **YOU**

Occupational therapy helps improve functionality for life's daily tasks

By Karen Marley

The majority of the actions we perform on a daily basis might misguidedly be considered trivial, and thus may be taken for granted.

Getting out of bed. Brushing your teeth. Getting dressed. Eating with utensils. Using the restroom.

These are essential in the scheme of simply going about your day, but they are also crucial to your independence, and pursuit of happiness and fulfillment.

When someone has difficulty performing such tasks, an occupational therapist can help. April is National Occupational Therapy Month, which recognizes these professionals who help people improve their quality of life.

Occupational therapy (OT) is a science-driven, evidence-based profession that enables people of all ages to participate in daily living or live better with injury, illness or disability.

"OT is rehabilitation to return to the functionality of everyday life," says Illinois Bone & Joint Institute (IBJI) occupational therapist Marjorie Kahle.

These functionalities are organized into two groups:

- **Activities of daily living (ADLs).** The functions a person must be able to perform to get through the day.
- **Instrumental activities of daily living (IADLs).** The more complex and specialized activities, such as playing a sport, knitting or painting; and those that are more fundamental to independent living, such as driving a car.

"IADLs are like the ornaments that make every person unique," says IBJI occupational therapist Angel Yen. "They are often the stress relievers in a person's life.

"That's why it's so heartbreaking when a person can no longer do them. We help people get back to the things that give their life color and meaning."

Continued on next page



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Occupational Therapy at IBJI

Kahle and Yen explain that OT can benefit people of all ages, and can be conducted in a variety of settings with multiple specializations. In hospitals, occupational therapists focus on acute situations and typically help patients for one to three days to achieve basic ADLs. After leaving the hospital, many patients will continue at outpatient rehabilitation centers to achieve their IADLs.

Occupational therapy at IBJI focuses on orthopedics. Kahle and Yen work a lot with bone fractures, sprains, tendonitis, and neural impingements such as those caused by compression from muscles, fascia and joints. They also help people recover after elective surgeries.

Kahle has an additional specialization as a certified hand

therapist and Yen is working toward that certification.

OT addresses the physical aspects of an injury or physical inhibition. It is holistic in its approach and assesses whether a person can successfully participate in daily, vocational and leisure activities.

Occupational therapy for people recovering from an injury involves helping them rebuild strength and recover their range of motion. It can assist non-injury cases, such as a person born with a condition such as nerve damage or joint instability, or who has developed arthritis.

Occupational therapy is not related to work, although many of the movements and functions it can help a person perform may be applicable to or necessary for various vocations.

“People have approached me thinking it will help them

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After the Fall



After the Fall

Occupational therapy aided man's recovery from bad break

By Karen Marley

Jason Lewis remembers the pain.

In October 2022, Lewis fell and broke his left wrist and elbow, rotating some of the affected bones 180 degrees in the process. The subsequent surgery required a complete reconstruction.

"Everything was extremely painful," recalls Lewis. "I couldn't pick up my kids. I couldn't work. None of the pain medications helped, so my brain just had to figure it out."

Less than six months after his fall and debilitating injuries, Lewis is back living his active lifestyle, which includes high-intensity interval-training workouts, riding his Peloton and playing with his children.

In addition to a can-do attitude, he attributes his successful recovery to the occupational therapy he received at Illinois Bone & Joint Institute.

"OT is rehabilitation to return to the functionality of everyday life," explains IBI occupational therapist Marjorie Kahle, who oversaw Lewis' treatment.

Lewis started with sessions twice each week, then moved to once per week and then twice each month. The initial sessions emphasized mobility.

"I was sent home with therapy exercises," he explains. "There was a ton of pain with the stretches and different positions, but it helped. Marjorie is great and so experienced."

Lewis progressed to strength training with weights, pullies and dumbbells. One exercise consisted of tossing a weighted ball onto a trampoline and catching it with his left hand.

Throughout Lewis' recovery, Kahle tested the patient's progress by assessing what he could do at home — lifting his children, cutting fruit with a fork and knife, lifting a grocery bag over his head, among other actions. For a long time, he was unable to do any of those.

"Looking back on it, OT definitely helped," Lewis says. "My outcome would be very different had I not gone to OT."



Jason Lewis was back to living an active lifestyle within six months of breaking his arm in multiple places.

get a job," Kahle says.

Occupational therapy not only helps people get back to work, but all self-care.

Tools of the Trade

Treatment programs can include adaptive equipment, ergonomics, environmental modifications, strengthening exercises for balance, and joint stabilization and protection. Taping, splinting and teaching body mechanics are other tools of the trade.

Throughout treatment, a therapist carefully monitors how a person is coping with their current injury or disability, pain levels and progress in physical abilities. Programs are personalized and tailored to the individual.

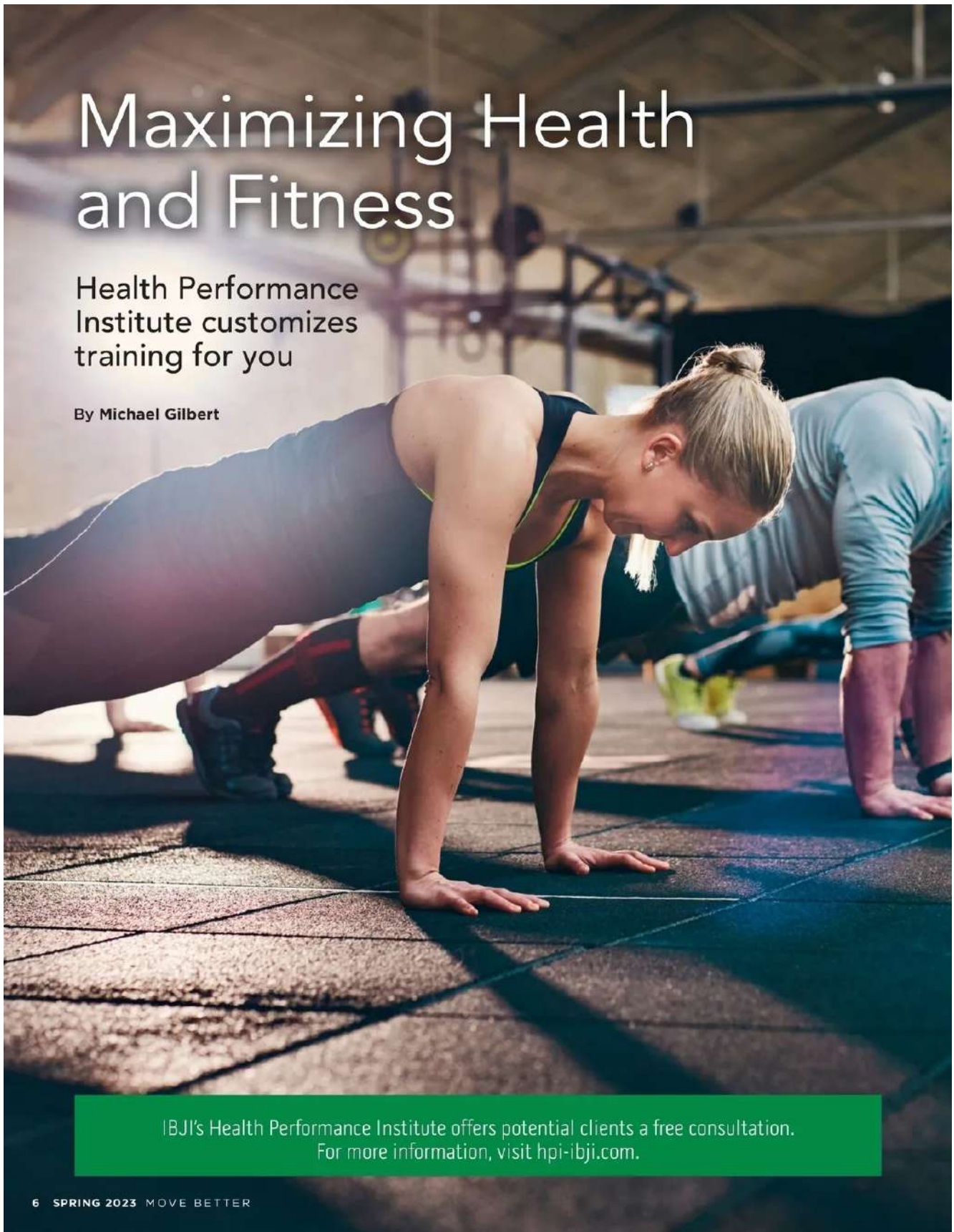
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Maximizing Health and Fitness

Health Performance Institute customizes training for you

By Michael Gilbert



IBJI's Health Performance Institute offers potential clients a free consultation. For more information, visit hpi-ibji.com.

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Back in



Illinois Bone & Joint Institute has over the past decade opened three Health Performance Institute (HPI) locations in the Chicago area, and the reasons for this are simple.

"The HPI exists to maximize the health, fitness and wellness of our clients so they can reach their greatest potential," says HPI Director Cory Leman. "Our goal is to enhance the way you move, feel and perform."

The HPI, which has locations in Highland Park, Morton Grove and Mount Prospect, is based on IBJI's core values of science, fun, accountability, family, client-centrism and excellence, Leman says. Among the amenities found in the state-of-the-art buildings are field turf training areas, weight rooms and fitness equipment.

"The HPI is really all encompassing," says AJ Alfrey, general manager of the HPI in Mount Prospect. "We service many different demographics, from older adults to middle-aged adults, all the way down to youth athletes as young as 8 years old."

Alfrey notes many HPI users have been referred by IBJI's doctors and physical therapists for care after an operation or physical therapy. They also work with athletes and sports teams.

"We are a great spot for continued care to move better, live better and feel better," Alfrey says. "A good amount of our clients come from being a patient of IBJI, but there are also a good number of clients, like your high school or college

*See **Maximizing Health and Fitness** on next page*

Back in Action

HPI helped high school football player return to play for close of senior season

By Michael Gilbert



Prospect High School senior John Gavin got back on the field and plans to continue his athletics endeavors in college, in part because of the treatment he received at IBJI's Health Performance Institute.

Gavin, who played football for the Knights, sustained an avulsion fracture of his pelvis during the season opener last August. Not knowing the severity of the injury, he finished the game; then, while practicing the next week tore his tensor fasciae latae muscle and iliotibial band.

The tensor fasciae latae is a muscle of the thigh that, together with the gluteus maximus, acts on the iliotibial band. The muscle helps maintain the balance of the pelvis while standing, walking or running.

The iliotibial band is a strong, thick band of tissue that runs down the outside of the thigh and extends from the hip bones to the top of the shinbone. The band moves over the outer lower edge of the thighbone when the leg is bent or extended.

*See **Back in Action** on next page*

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Maximizing Health and Fitness continued from previous page

athletes, who use us as a training gym and work with a coach



John Gavin (5) rehabilitated an injured leg at the IBJI Health Performance Institute in Mount Prospect.

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AJ Alfrey, general manager of IBJI's HPI Mount Prospect location, oversaw Gavin's rehabilitation. Gavin returned to the field for the Knights' regular-season finale on Oct. 21.

"I worked with AJ every day for a couple of weeks and he helped me rehab and get my mobility back," says Gavin, who has committed to continue his football career at Illinois Wesleyan University in the fall. "I learned exercises that got me ready to play again, and I was able to get back in time for our season finale and then our two playoff games.

"They also worked with me on strength and conditioning exercises that will hopefully limit the likelihood of injuries in the future."

Maximizing Health and Fitness continued from previous page

athletes, who use us as a training gym and work with a coach to get better in their respective sport."

One of the HPI's most popular offerings is the small-group training program called BUILD, which is designed to provide a private training experience with the convenience of a group class.

"This format allows our coaches to create customized programming but still provide individual attention to the client," Leman says. "We've created the BUILD program by working alongside our orthopedic doctors and physical therapists so it will benefit anybody, from our IBJI referrals to the general population trying to get in better shape."

The HPI's Elite Group Training is another popular program and focuses on an athlete's approach to speed, agility, power and overall strength. The program features routine progress checks via movement and performance testing that help determine if the athlete is on the right track.

"We have specific age groups for our Elite Training that are designed to better understand the performance side of training," Alfrey says. "Developing the overall athlete is one of our goals, so we work on hand-eye coordination, speed, power, agility, strength and conditioning."

The HPI's staff is composed of personal trainers, strength and conditioning specialists, massage therapists, Pilates instructors, acupuncturists, athletic trainers, wellness coaches and baseball and softball skill instructors.

"Our staff wants to instill in you optimal habits, so we normally meet with clients for an initial consultation, where we will do a comprehensive assessment and review their goals and then we create a plan for them," Alfrey says. "A lot of times we try to tie that plan to their orthopedic care or performance goals to reduce injuries, while improving performance.

"Our trainers and staff are consistently collaborating with our physicians and physical therapists to help create and tailor programs that are based on the best practices for keeping people safe. We pay attention to the research on the strengthening exercises and the soft-tissue best practices to help people mitigate injury."

Diet is a big part of excelling in sports and living a healthy life. The HPI has dietitians who provide guidance regarding nutrition and healthy choices.

"We stay up to date on the science and the research of what works best when it comes to mobility training, strength training, speed and agility, and diet," Leman says.

While the HPI may be a haven for young athletes, those who don't aspire to hit home runs or 3-pointers can also benefit by enrolling in programs or classes.

"It's probably a 50-50 split between athlete and general user," Leman says. "You don't need to be an elite athlete to use the HPI.

"We support all phases of a person's health and wellness journey. We get a lot of adults who want to maintain their health and do it safely."

In addition to its in-person programs, the HPI offers virtual classes and training sessions through the IBJI app.

"The virtual classes are a great way to provide support for clients who aren't in proximity to our physical locations," Leman says.





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- Hinsdale
- Joliet
- Libertyville
- Morton Grove Open 7 Days

Find an OrthoAccess® location near you and view walk-in hours at [ibji.com](https://www.ibji.com)

While you will always be evaluated by an IBJI orthopedic provider, you may need to be referred to a subspecialist depending on the extent of your injury/condition.



Spring into Freshness

Try out new flavors as the seasons change



EASY FRUIT SALAD WITH HONEY LIME DRESSING

INGREDIENTS

1 lb strawberries, chopped
4 kiwis, peeled and chopped
1 1/2 cups blueberries
2 bananas, sliced
1 large apple, diced

HONEY LIME DRESSING

1/4 cup honey
1 lime, juiced and zested

DIRECTIONS

1. Add chopped fruit to a large salad bowl.
2. In a mixing bowl, whisk together honey, lime juice and zest.
3. Pour Honey Lime Dressing over the salad; gently toss to coat.
4. Cover with plastic wrap and refrigerate for 20 minutes before serving.

SHEET PAN ROASTED GARLIC & HERB CHICKEN AND VEGGIES

INGREDIENTS

1 1/2 lbs boneless skinless chicken breasts, cut into 1-inch pieces
2 cups broccoli florets
1 large zucchini, cut into 1-inch pieces
1 medium onion, cut into 1-inch pieces
1 bell pepper, any color, cut into 1-inch pieces
1 cup grape tomatoes, cut into 1-inch pieces



GARLIC & HERB MARINADE

1/4 cup olive oil
4 cloves garlic, crushed or finely chopped
2 Tbsp dried parsley, chives or basil
2 Tbsp lightly dried cilantro
1 tsp chili pepper flakes
Salt and freshly ground black pepper
1 tsp ginger, optional
Juice of 1/2 lime

DIRECTIONS

1. Preheat oven to 450F.
2. In a medium bowl, whisk the garlic, herbs, salt, pepper and lime juice.
3. Place the chicken and veggies on a sheet pan and drizzle with the garlic and herb mixture. Combine until chicken and veggies are coated.
4. Bake for 20-22 minutes or until cooked through.
5. Serve immediately with rice or quinoa.

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Episode 4. Autoimmune Disease

Episode 5. ACL Injuries and Surgery

Episode 6. Carpal Tunnel Syndrome

Episode 7. Bunions

Episode 8. Total Knee Replacement

Episode 9. Shoulder Replacement

Episode 10. Spinal Fusion Surgery

Episode 11. Osteoporosis

Episode 12. Metabolic Health

Episode 13. Ankle Fractures

Episode 14. Shoulder Instability

Episode 15. Plantar Fasciitis

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