

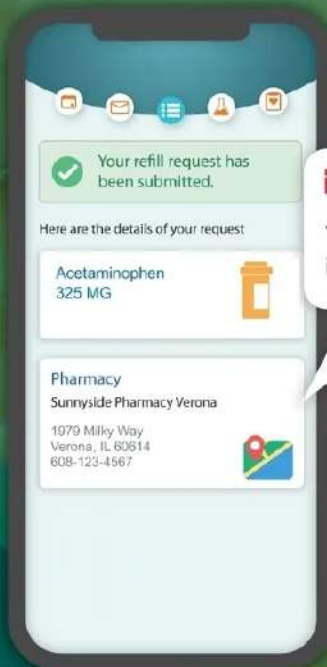
Move Better

SUMMER 2022 | Co-published with *Community Health Magazine*



Click here to view a slideshow of photos from IBJI's Disney Day!

IBJI Transitions to MyChart by EPIC



MYCHART 9:10 AM
You have a new message in MyChart.

With IBJI MyChart, access all of your health information in one place, quickly schedule appointments, connect with your doctor, and manage your family's electronic medical records

PAGE 10

PLUS:

Customized Care for You

Through treatment plans, programs and services, IBJI tailors care to your needs and goals.



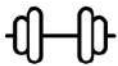


Move better. Perform better.

The IBJI Health Performance Institute has one goal: To maximize our client's health, fitness, and wellness so they can reach their greatest potential. We achieve this by helping to reduce injury and improve the performance and quality of life of our clients.



**HEALTH
PERFORMANCE
INSTITUTE™**



PERFORMANCE



ADULT FITNESS



WELLNESS

hpi-ibji.com

IBJI Health Performance Institute has three locations in the Chicago area.

HIGHLAND PARK

(224) 765-5550
1919 Skokie Valley Rd

MORTON GROVE

(847) 779-6050
9000 Waukegan Rd

MOUNT PROSPECT

(847) 779-6035
431 Lakeview Court, Suite E

IBJI MyChart Patient Portal

Move

IBJI MyChart Patient Portal

Sign in to IBJI MyChart
Already have an IBJI MyChart account? >

Activate your account
Have an activation code? >

Register now
Need an activation code? >

COVER STORY

An EPIC Transition

10 MyChart — IBJI’s new electronic medical records system — offers you a user-friendly portal that provides easy access to test results and doctors, the ability to schedule doctor visits, request a referral or prescription refill, and much more.

HPI

BUILDing Strength

14 Whether you are recovering from an injury or surgery, have a chronic condition, or just want to get stronger and healthier, the BUILD Program can help.



BEYOND RELAXATION

Holistic Healing

3 IBJI’s skilled massage therapists’ and acupuncturists’ mind-body-spirit approach to medicine can aid rehabilitation, athletic performance, and general health and wellness.

SPINE HEALTH

Customized Spinal Care

16 IBJI offers a variety of personalized treatments and procedures that can address one of the most common medical complaints: back pain

Move Better

SUMMER 2022
VOLUME 3 | ISSUE 4

IBJI EDITORIAL ADVISORY BOARD

- MAGGIE SKETCH
Director of Marketing
- RYAN CLAWSON
Marketing & Content Creation Manager
- STEFANIE DELL'ARINGA
Copywriter & Social Media Specialist



Move better. Live better.

www.ibji.com

COMMUNITY MAGAZINE GROUP

- Larry Perrotto | CHAIRMAN
- Mark Hornung | MANAGING DIRECTOR
- Zach Payer | VP DIGITAL OPERATIONS
- Shannon Mashek | DIRECTOR OF OPERATIONS AND CLIENT SERVICES
- Jason Maholy | EDITOR
- Jeff Mercer | REGIONAL SALES REP
- Dee Edington, PhD | WELLNESS EDITOR



2019 Silver Ozzie (Folio Awards)
Custom Publishing



2020 Gold Ozzie (Folio Awards)
Best Feature Design/Custom Publishing
2022 Silver Ozzie (Folio Awards)
Custom Publishing



CommunityHealthMagazine.com

Like us on Facebook: [Facebook.com/CommunityHealthMagazine](https://www.facebook.com/CommunityHealthMagazine)

Follow us on Twitter @CommHealthMag

Every Body's Different

Some patients heal faster than others. Some can get better with physical therapy (PT) alone, while others may need surgical treatment to recover from traumatic injuries. Whether it's surgery, a procedure, or a treatment plan for a chronic condition, the IBJI approach to your care is always personalized and based on your individual needs and goals for recovery.

In our summer issue, we'll show you some of the ways in which we customize care through treatment plans, programs, and services.

Our feature story shows how we've improved your patient care experience by transitioning to Epic, one of the most preferred electronic medical records systems used by hundreds of the nation's top health care organizations. If you haven't yet experienced Epic's easy-to-use patient portal for managing your health care, this article is for you. Find all of your information — from test results and medications to your upcoming scheduled appointments — with just a few clicks.

Next, we'll tell you about some of our therapeutic wellness services offered at IBJI's Health Performance Institute (HPI). You'll get an understanding of how massage therapy and acupuncture can be incorporated into your individualized treatment plan for the best outcome.

Also at HPI, a program called BUILD is helping patients accomplish their strength goals. We give details on the personalized treatments offered in this program and who it helps.

Physical and occupational therapy sessions have always been customized to relieve pain and improve mobility. Find out how two patients got back to doing what they love through PT and a specialized program for work-related injuries.

Finally, hear from our IBJI spine and pain management physicians, who explain how they customize care for one of life's most common complaints: back pain.

At IBJI, you are never treated with a one-size-fits-all approach. We're here to listen to your unique issues and tailor your treatment plans, so you can move better and live better.

Happy Reading!

Stefanie Dell'Aringa

Stefanie Dell'Aringa
Copywriter & Social Media Specialist
Illinois Bone & Joint Institute



STEFANIE DELL'ARINGA
COPYWRITER & SOCIAL MEDIA SPECIALIST
ILLINOIS BONE & JOINT INSTITUTE

Whether it's surgery, a procedure, or a treatment plan for a chronic condition, the IBJI approach to your care is always personalized and based on your individual needs and goals for recovery.



Personalized Therapeutic Massage & Acupuncture Services for You

Your Holistic Approach to Healing

When you think about IBJI, orthopedic surgery and physical therapy may come to mind first. But did you know about the integrated medicine that's offered at the IBJI Health Performance Institute (HPI) Highland Park and Morton Grove locations?

Ellen Winick, Director of Integrated Health at HPI, says there are a number of wellness services at IBJI that don't fall under what we think of as traditional medicine. Among them are massage therapy, acupuncture, personal training, Pilates, and wellness coaching. In this article, we'll explain massage therapy and acupuncture services, and how you can benefit from the skilled

practitioners' mind-body-spirit approach to medicine.

Who Can Benefit?

Massage therapy isn't just for relaxation, Ellen points out. In fact, many clients who schedule appointments for this service are looking for a therapeutic approach that might include rehabilitation,



ELLEN WINICK
DIRECTOR OF INTEGRATED HEALTH
HPI



athletic performance, or overall health and wellness. HPI currently staffs five highly skilled and experienced massage therapists as well as two acupuncturists who will individualize your care.

Massage to Treat Pain

"Patients may have completed physical therapy or are coming out of some kind of orthopedic procedure," Ellen says. "Some might come in with an injury that can be treated with a variety of approaches, including soft-tissue manipulation."

Clients may present with chronic pain, tightness, weakness, structural issues, or problems with posture.

"We try to identify the root cause so we can reduce pain, increase comfort and improve recovery," Ellen says. "We're not only working on soft tissue in the session but making recommendations on what clients can do at home to improve their condition as well as what services at HPI and IBJI can further assist."

Massage for Better Endurance

Athletes who are working toward a goal may benefit from massage therapy to keep active, avoid injury and maintain their peak performance.

"The goal is very individualized," Ellen explains. "One of the questions we may ask is if they have had an injury, or if there is an injury that they're trying to prevent. We also want to understand their athletic goals so we can support them in achieving them."

Massage for Stress Reduction

Massage is fabulous for stress reduction because reducing stress affects sleep, emotions, relationships, and more. Just being able to talk

through issues while getting a massage helps build connectedness, another benefit.

"We saw so much of that during COVID," Ellen says. "People weren't getting physical touch and that one-on-one connection."

Ellen herself benefits from massage and notes the positive effects of regular sessions.

"It keeps me balanced and healthy," she says. "Improving circulation is one of the benefits of massage. Clients report that regular massage reduces colds, flu, and other illnesses."

How We Personalize Massage Treatments

Let's say you're Patient X and you're coming in with a back injury. Prior to your first appointment, the massage therapist gathers a thorough medical history. We'll find out if you've seen other practitioners for your condition, and conduct an assessment in a treatment room to discover structural and soft-tissue issues. After that, the massage therapist, with the client's input, will design a session specifically for you. There will be clear communication about what will be done, when, and how. Good communication is key to successful treatments.

"We want our patients to know the intentions and goals of the session and that it's agreed upon by the patient and therapist," Ellen says. "The therapist will indicate what they notice and communicate that back to the patient. During and after the treatment, the therapist will have a dialogue to ensure the session goals are met."

Patients often go home with recommended exercises and directions for future treatment. "Our massage therapists are artists on some





level, as each session is different depending on the individual needs of the client,” says Ellen. “No two treatments are the same, and we have so many different techniques we can use, from trigger point to myofascial therapy to stretching.”

Acupuncture Treatment

If you’ve never tried acupuncture, now may be a great time to schedule an appointment. Ellen says it offers many benefits to treat underlying conditions.

Boosted Healing

“It can speed up recovery because it brings more blood flow to a particular area to heal that area,” she says. “Acupuncture is a wonderful way to bring healing to an area that is in pain, even if it cannot be touched.”

Some unique issues that are not necessarily orthopedic in nature can be resolved with acupuncture, and Ellen has first-hand experiences with this.

Personalized Approach

“I had COVID in December and one of the symptoms I had was a rash that lasted five months,” she recalls. “I tried so many things, but within two acupuncture sessions, I no longer have the itching and the rash is almost gone.”

Her acupuncturist explained the deeper issue that was causing the rash: her large intestine.

Discovery Process

“This is very customizable,” she says. “The intake is pretty extensive at your first acupuncture appointment to uncover all the things that are going on that may be contributing to a condition. We look

at all the symptoms. If someone isn’t healing as they should be, we look for what might be going on at a more systemic level.”

Coordinated Care at IBJI

What makes IBJI massage therapy and acupuncture different is the fact that our experts work as a team to aid your healing process. Our doctors, physical therapists, personal trainers, and wellness practitioners collaborate to improve outcomes. If you require strength training, that can be combined with massage therapy. If you need to concentrate on a specific body part to avoid reinjury, you may additionally work with a personal trainer or Pilates instructor. Your assessment can combine multiple modalities for optimal care.

Schedule an Appointment

If you’re feeling like you’re ready to try massage therapy for relaxation, rehab, injury prevention, or acupuncture treatments, you can schedule sessions that are just as customizable as the treatments.

For massage, we offer single sessions or packaged pricing. You can choose from 30, 60, or 90 minutes. If you’re interested in package plans, IBJI offers five- and 10-pack savings plans.

And when you schedule your first appointment, you’ll be matched with a therapist that’s a good fit for you based on what’s ailing you. It’s just one more way we customize your care. We’re here to solve the problems that are concerning to you and provide the best treatment possible, so you can get back to doing what you love.

Get more details about all our HPI wellness services. ■





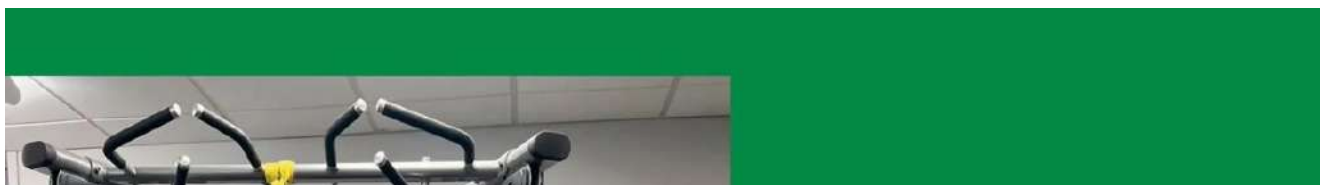
Above, a patient works on an exercise that practices lifting from specific heights.

PHYSICAL THERAPY: The Tailored Treatments and Programs That Get You Back to Your Best

Getting back to normal is at the top of your list following an injury, surgery, or recovery from the pain that has limited your mobility. At IBJI, we offer highly customized physical therapy (PT) treatment plans at 40 convenient locations across the Chicagoland area.

When you arrive for your first appointment with a physical therapist, you'll answer a number of questions so that we can learn more about you and create a care plan aligned with your goals. These questions may include:

- What do you want or need to get back to doing?
- What are your physical therapy expectations?
- What are your biggest complaints that you want to be addressed in therapy?
- How is your pain limiting your function?
- Who else lives with you, including pets?
- Do you have stairs in your house?





Specialized equipment at IBJI's PT/OT locations helps patients build strength back for work-specific tasks.

The front desk schedulers will coordinate session times and days that work for you based on your availability, daytime job, and/or other obligations. We want to make PT as convenient as possible and will work with you to seamlessly incorporate appointments into your schedule. We'll discuss frequency and duration with you and you'll learn what to expect at your first session.

To further specialize your care, IBJI also offers physical and occupational therapy for workers' compensation patients. As part of this therapy, IBJI also offers work conditioning programs at various locations. This program has been in existence for close to two decades and it helps you to build back the strength and mobility needed for the special tasks you need to do in order to return to your occupation.

"There are a lot of reasons why someone may come to occupational therapy. It could be from an injury or overuse by doing repetitive work."

STACEY CERVANTES, DPT
FACILITY MANAGER AT IBJI GURNEE

"Patients are with us for close to four hours per session. They tell us what they have to do for work and we design a whole program for them."

STACEY CERVANTES, DPT
FACILITY MANAGER AT IBJI GURNEE

8 SUMMER 2022 MOVE BETTER

Here's How It Works

First, you'll complete traditional therapy sessions to recover from your injury. Following that, your physician may recommend that you begin a work conditioning program in order to build strength and endurance for work-specific tasks. The exercises prescribed will help build the strength to avoid re-injury upon returning to work and help to ensure that you can return to your job at full capacity. You'll also concentrate on cardiac endurance so that you aren't re-entering the workforce without building up the stamina needed following a long-term rest period.

"Patients are with us for close to four hours per session," says **Stacey Cervantes, DPT**, Facility Manager at the Gurnee location. "They tell us what they have to do for work and we design a whole program for them."

Patient Experiences

From truck drivers to package handlers, patients come from a wide variety of occupations.

"They might tell us that they have to lift 75 pounds to their waist height, or that they have to lift 10 pounds over their head," Stacey says.

A mail carrier recently raved about her IBJI patient experience. She is required to carry up to 40 pounds of mail on her route and has a lifting requirement of 70 pounds, so to prepare her, her PT asked her to bring in her mailbag and practice filling it.

"She had to be able to stand, walk, go up and down the stairs, walk on different surfaces, and more following knee surgery for a meniscus tear," Stacey says. "We had her practice walking on uneven surfaces to simulate gravel or grass."

She completed 21 visits of traditional therapy followed by 37 visits of work conditioning before returning to her mail route.

"She's doing great," Stacey says. "She had an enjoyable time with us and she even wrote a note on her log that she fills out to thank us."

OT for Hand Injuries

Occupational therapy is available for patients who have work-related injuries, a large number of which are hand or elbow injuries due to trauma or repetitive stress.

"There are a lot of reasons why someone may come to occupational therapy," explains Stacey. "It could be from an injury or overuse by doing repetitive work."

Having the right equipment and the right people trained on that equipment helps to provide an atmosphere of healing. Facilities that offer work-related conditioning need to be spacious, too.

"You have extra people walking around and using equipment," Stacey says. "We have a push/pull sled, which is something you can add weight to, and what's called a 'lift station' so they can practice lifting different amounts of weight to various heights."

Custom PT Sessions for Sports-related Injuries

Whether you need surgery, training, therapy, or all three for a sports-related issue, IBJI is here for you to help you get back on the court or field safely.

Getting Back to Softball: Emma's Story

Joe took his daughter Emma, 15, to IBJI after she suffered a shoulder injury playing softball. Joe had been to IBJI in the summer of 2021 after playing weekend warrior softball.

"I got a knee injury and went to an OrthoHealth clinic," Joe said, adding that he couldn't be happier with his care. "It's basically why we took Emma to IBJI. "I knew getting her there would give her the best possible doctors, especially with her being a serious athlete."

Joe is in the healthcare field and is familiar with IBJI doctors and staff. But coincidentally, IBJI also has a partnership with Emma's high school in which athletic trainers work with student-athletes of various sports to treat injuries and help them to stay at the top of their game.

"I've met most of the trainers many times so it was nice going to IBJI to see some familiar faces," Emma says.

Doctors at IBJI use conservative methods for recovery before resorting to surgery, so after seeing **Angelo Savino, MD** who diagnosed Emma's SLAP tear injury, it was recommended she try physical therapy first.

"I've met other athletes who have had this type of injury," Emma says, adding that she believes it was caused by overuse from many years of playing softball.

Emma started PT right away. Prior to starting, she couldn't lift her arm, but she was able to gain strength, get off the medication she was taking, and learn valuable skills to prevent reinjury. She progressed quickly in a matter of three to four weeks.

"I remember the first time I went there when they were doing my screening," she says. "My shoulder was so tight I could barely move it. I started out with very light work. After two weeks my mobility improved drastically. I recovered a lot faster than I thought I would."

Her PT plan involved taking a gradual, cautious approach.

"They didn't want me to get hurt," Emma says. "Moving forward they started upping the intensity of the work that I was doing. It became lots of endurance-type things to see how long I could do something. Later, they added weight to my program."

"The PT helped her to start to feel stronger and better and the pain went away," Joe adds.



ANGELO SAVINO, MD
SPORTS MEDICINE
ILLINOIS BONE & JOINT INSTITUTE

From there, Emma entered the Return to Sport: Phase IV program at IBJI's Health Performance Institute in Highland Park.

"I got back into throwing and it wasn't stressful," she says. "After two or three weeks, I worked on a progression of every other day. I would throw at 45 feet and not at full shoulder capacity. Every time I threw, I added 15 feet to what I threw, up to 90 feet. Then my progression went for longer periods of time throwing. It became how long I could throw for. Now I'm at throwing every day if I want to."

Emma was overseen by PTs and athletic trainers who reported back to her physician. They worked on strengthening the area of her shoulder, proper throwing techniques, and periods of rest.

"My daughter has aspirations to play at the collegiate level," Joe says. "She knows now how to do a proper warm-up with stretches and rotations. She's been given all the knowledge and I don't see anything slowing her down at this point."

Emma says she was very excited to be able to play again after four months of total recovery time.

"My arm is back and that's all I can ask for," she says. "I feel like 100%."

Thanks to PT and the HPI Return to Sport program, she has the tools she needs to avoid injury in the future.

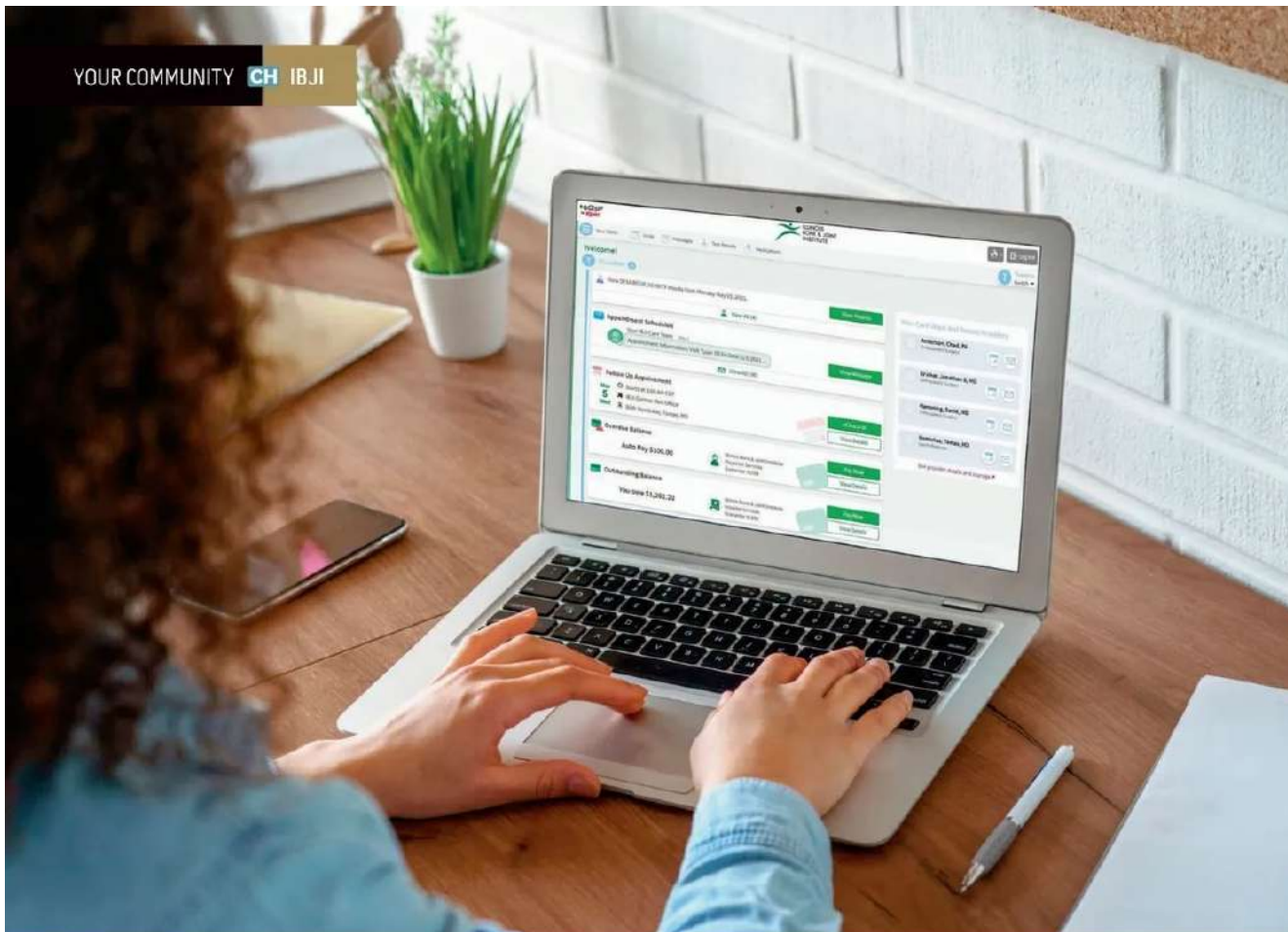
"My knowledge of the types of stretches I can do has improved a lot," she says. "Knowing about those things has been really helpful." ■



For more information about rehab services at IBJI, visit ibji.com/services/therapy/

*The work-related PT program is offered at some, but not all PT locations. Please call the desired location ahead of time to verify.





IBJI Transitions to MyChart by EPIC

Your Personalized Electronic Medical Record Is a Click Away

As of April 1, 2022, 47 of our IBJI facilities have transitioned to a new electronic medical record (EMR) system, and with that comes a new patient portal: IBJI's MyChart. During this transitional period, we want to thank you for your patience. But more importantly, we want you to fully understand why we made the transition to EPIC and why we believe IBJI's MyChart will give you a more inclusive experience as a valued IBJI patient.

Why EPIC?

We grew significantly as an organization over the last three years and with that growth comes multiple EMR systems. We knew that we needed to be able to offer our patients more continuity which could only be achieved by transitioning to one platform.

With a large footprint that spans from Indiana to Wisconsin, we also wanted an EMR that could offer our patients a user-friendly portal where they could see not only their care within IBJI but within other participating organizations as well.

The decision was made that EPIC would be the best system that could offer our patients the continuity we were seeking. The entire EPIC transition has taken two years and we are just starting to scratch the surface on how to get more engagement with our patients.

"We know that our patients want to be involved in their healthcare decisions," said IBJI EPIC Director Shannon Joyce. "This integrated partnership between EPIC, our patients, and the IBJI clinical team provides this opportunity to enhance the patient experience."



IBJI MyChart

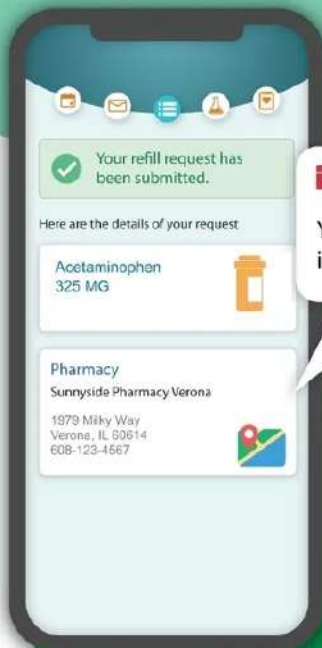
One Comprehensive Account

Several hospitals in the Chicagoland area are using EPIC, which makes it easier to coordinate care. A patient can be seen at another facility using EPIC and our physicians can have access to those notes and test results. This reduces the need for duplicate testing and allows physicians to collaborate on patient care.

“Patients can even combine their MyChart accounts from different organizations so they can see their complete medical record in a single platform,” Shannon says.

Benefits to Patients

Using MyChart, you can look at all your test results, medications, and doctors. You can schedule an appointment, ask a provider a question, request a referral, or a prescription refill. You no longer have to call an office.



“There’s no go-between. It’s just you and your healthcare team communicating directly.”



SHANNON JOYCE
IBJI EPIC DIRECTOR

IBJI MyChart

Your secure online health connection.

All your health information in one place

See your medications, test results, upcoming appointments, medical bills, and more.



Quickly schedule appointments

Make appointments at your convenience and complete pre-visit tasks from home.



Take care of your children and other family members

Stay on top of everyone's appointments and check in on family members who need extra help.

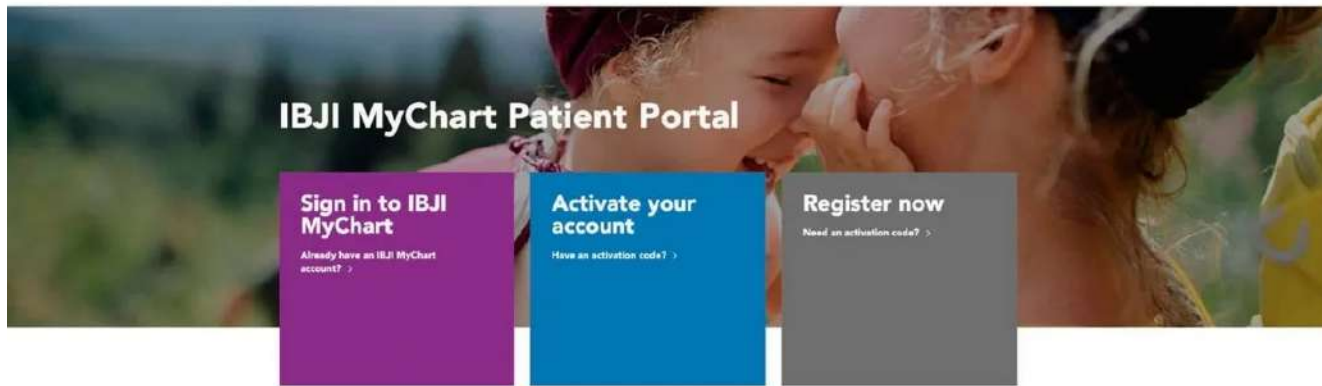
Sign up for MyChart today at ibji.com/mychart.

MyChart® is a registered trademark of Epic Systems Corporation.

12 SUMMER 2022 MOVE BETTER



[Locations](#) [Doctors](#) [Services](#) [Therapy](#) [MRI](#) [Bill Pay](#) [Get Immediate Care](#) [Request an Appointment](#) [Q](#)



“There’s no go-between,” Shannon explains. “It’s just you and your healthcare team communicating directly.”

In addition, patients can fill out their questionnaires and insurance information online ahead of their scheduled appointment. That means less waiting time at the doctor’s office. You also won’t have to call in for test results; those will be made available to you online as well.

How Does IBJI MyChart Work?

If you are new to IBJI’s MyChart, we will send you an email inviting you to create your account when scheduling your appointment or upon check-in. After choosing a username and password, you can log in to the system and you’ll be taken to the home page.

The home page is user-friendly and easy to navigate. It features pictures and icons to describe the information on the page. For instance, when you want to send a message, you can click on a large envelope icon and type your message. It’s immediately sent to the provider and you’ll be notified when there is a response.

We also know that our patients are busy but still find time to care for their loved ones. With IBJI’s MyChart, you can now add your dependents if being seen at IBJI to your own account so you have the ability to be an active participant in their care.

“If someone is a care provider for their loved one, we recommend working with them and the office to get access to their IBJI MyChart,” says Shannon.

If there’s more than one patient linked to your IBJI MyChart account, you can easily toggle between these accounts to see the pertinent information. You can make appointments or

request refills for your son or daughter, mom or dad, with just a few clicks.

IBJI MyChart Mobile App

While it’s great to log in on your computer to view your IBJI MyChart account, a lot of people enjoy using the MyChart mobile app on their smartphones. This will allow you to access your care while on the go.

“If you happen to be outside of the home and your knee starts hurting, for example, you can easily make an appointment in real-time,” Shannon says. You can also view the details about your upcoming appointments and add them to your personal calendar.

“There are no more appointment cards getting lost,” Shannon says.

More Great Features to Come

Since IBJI is at the start of our EPIC journey, we continue to upgrade the system to offer the best patient experience possible. As we streamline processes, we’re seeing and exploring the potential for additional bells and whistles in MyChart to make you the champion of your healthcare.

“We do offer immediate care for orthopedic injuries, so that’s going to be one of our next big goals,” Shannon says. “We want to offer our OrthoAccess service in MyChart so people can schedule those same-day appointments when needed.” ■

Interested in setting up your account or downloading the mobile app? Get more details and instructions about MyChart.





YOUR COMMUNITY CH IBJI

Reach Your Individual Strength Goals with HPI's BUILD Program

If you've ever participated in a group fitness class, it's easy to get lost in the shuffle. But at IBJI's Health Performance Institute (HPI) you can take part in a small class that offers personalized attention and a plan for your unique goals. You may have been suffering from a chronic injury, limited mobility, or recovering from surgery. Or maybe you just want to get healthier. Whatever your situation, if you want to build strength, the BUILD program, relaunched in March 2021, can help.

"You can be any age with any injury," explains HPI Assistant Manager Kenny Blanchard, BS, CSCS, Performance Trainer & Baseball Specialist, who adds that the class is capped at six participants. "It's about building strength and creating mobility."

With such a small class size, it's easy to offer individualized exercises.

"Maybe a person has a knee injury so they can't do deep squats because that irritates it," Kenny says. "We can modify the exercises to fit the person's goals and their orthopedic needs."

One participant in the class is training for a marathon while another is recovering from hip replacement surgery. They can work side by side in

the class because they follow their own individualized programs created specifically for them.

"We have all of the information about these patients and we know what we need to focus on," Kenny says.

Case Study: Cathy

Cathy, 69, first learned about the program in an IBJI email newsletter.

"I started the program in the fall of 2019 when it was a combo class of BURN and BUILD," she says. "I worked out for about six months and then everything shut down. I resumed after COVID and, by that time, the program changed from a composite program,

14 SUMMER 2022 MOVE BETTER



which was the BURN and BUILD program together, to two separate programs.”

Why She Chose BUILD

Her initial motivation was to avoid complications from aging. She started walking and decided to do the BUILD program three days a week. Her journey began with exercises that she hadn't done in years, and although she was always a recreational athlete it was the first time she added muscle-building to her regime.

Cathy's Personal Results

Cathy is proof that perseverance pays off. Her results are nothing short of remarkable.

“I've lost just over 30 pounds and I've maintained it for close to a year now,” Cathy says. “In terms of my ability to perform, my balance is so much better. My endurance is so much better. Right now, I can work out easily two hours at a time.”

What Does Endurance Look Like?

“I just did a class at 8 this morning, and at 9:30 I was at a farm working in a garden for several hours,” she says.

In addition, her strength has nearly tripled, and she has developed a love for free weights and other weights she incorporates into her workout routine.

“The other day I was deadlifting 140 pounds with ease,” she says. “I'm still sore sometimes from working out, but I enjoy pushing myself and meeting with the diverse group of people that we work with.”

The Value of Personalized Classes

Cathy says the price point of the program is well worth it when considering what you get for your money.

“You're getting knowledgeable trainers with good solid equipment,” she says. “They're challenging you and checking your progress, and making accommodations for you when you need it. You're paying for professional service and it's cheaper than if you did a one-on-one private session.”

During the classes, which last about 50-55 minutes, she has an opportunity to do strength training exercises by using sleds, free weights, barbells, kettlebells, ply boxes, resistance bands, and more.

“It's wonderful because you're not doing the same thing, and you enjoy it more when you see the benefit of these things,” Cathy says. “My muscle mass has increased a bit. I sleep less. I eat better. I seem to be happier. The endorphins do make a difference.”

She also enjoys the motivation, something you don't get when you're working out alone.

“The trainers tell you you can do it,” she says. “I know now that I can do a lot of things that a lot of younger people can't.”



Cathy, 69, works on deadlifts at HPI three days a week to build strength as she gracefully ages.

Class Structure

Each class starts with a warm-up that is about 10 to 15 minutes followed by a workout and then a 5-minute cool-down. Sometimes at the end of class, there are questions, so the trainers allow time for those. That's also a time for patients to connect with each other.

Kenny and other trainers help the patients choose exercises that emphasize strength for the upper body, lower body, or a combination of the two.

“We might have nine movements that we want to focus on in the class,” he says. “For a lower back issue, for instance, we might do squats, maybe a rowing back exercise, core exercise, and glute exercise to support the low back and hips. We make sure that the exercises are tailored to what brought the person into the class.”

Patients are generally referred to the class by physical therapists or physicians. Occasionally, a person who simply wants to train for an upcoming event will join the class.

“The majority of the people that we get come to us because they've been struggling with pain points with orthopedic issues,” Kenny explains. “They may have bad backs, knees, or they've had surgeries in the past.”

One patient just finished a marathon in California and “crushed it,” he adds. Another patient is now pain-free.

“These patients were riddled with injuries and they could neither perform nor do general daily activities,” Kenny says. “They have far surpassed their goals. They got everything that they wanted back — movement, freedom, performance, and they're out of pain. They can perform at a very high level without any side effects.”

BUILD Your Own Package

Your BUILD membership can be customized based on your needs. Options include two times per week/eight times per month or three times a week/12 sessions per month memberships. You can also choose the unlimited package that gives you access to enter as many classes as you want.

“Most people start with two times per week and then upgrade from there,” Kenny says. ■

Are you ready to get stronger, feel better, and accomplish your personal fitness goals? Learn more about BUILD and get started today.

CUSTOMIZED CARE for Your Spine

How IBIJI Physicians Approach Your Back Issues

Back pain is one of the most common ailments for patients. Whether you have experienced an acute injury that sends you directly to one of our OrthoAccess immediate care centers or you suffer from a chronic condition that affects your spine and your everyday life, IBIJI offers a variety of treatments and procedures, all of which are customized for you.

The best specialists are here to help by sharing what types of treatments are available and how they are personalized to your specific issue. With this knowledge, you will be better equipped to make decisions so you can find relief, regain strength, improve your mobility, and return to doing the things you like to do.

Advanced technologies are available to help you, and many of them are non-surgical. You may visit a back surgeon at IBIJI and return home with a list of exercises, medication, homework in the form of applying heat or ice or both, and possibly a physical therapy plan. If you do need surgery, IBIJI offers a range of minimally invasive procedures that cause less pain and promote a quicker recovery than you might think.

Customized Spine Surgery Treatments

“Initial treatment for most spine conditions typically includes physical therapy and anti-inflammatory medications which can help alleviate most spine-related pain,” explains **Mark Mikhael, MD**, an IBIJI orthopedic surgeon with fellowship training in spine surgery. “When approaching operative options for spinal conditions, the surgical treatment is customized to each patient, with the goal of providing relief for their specific symptoms. This can



Spine

range from small, minimally invasive decompression surgery to alleviate nerve pain all the way to larger spinal reconstruction to provide stabilization, realignment, and spinal support.

For example, a patient was having trouble with spinal nerve pain and was unable to return to sports, despite physical therapy and anti-inflammatory treatment. The patient underwent an outpatient minimally invasive nerve decompression surgery and was able to return to a favorite sport within six weeks.

Another patient, on the other hand, was unable to perform daily activities or participate effectively at work due to persistent nerve pain. The patient



Mark Mikhael, MD

IBJI orthopedic surgeon with fellowship training in spine surgery

underwent spinal fusion stabilization surgery and has returned to living life free of that severe nerve pain. The surgical approach differs based on the condition as well as the needs of our patients.”

16 SUMMER 2022 MOVE BETTER

Conservative

“I was taking care of a patient with low



Getting to the Source of Your Particular Pain

“Back pain is a symptom,



Conservative

"I was taking care of a patient with low back pain," explains **Mehul Garala, MD**, an IBJI physical medicine and rehabilitation physician with fellowship training in spine and sports medicine. "The patient had back pain for a while but was doing well and improving with medications and physical therapy. However, the patient was still having some pain with prolonged standing. The patient could have continued the current treatment, but a daughter was going to get married in a few weeks and the patient's goal was to be able to tolerate standing and dancing at the wedding. We discussed other potential treatment options, including steroid injections into the joints of the patient's low back. The injections were done just prior to the wedding and helped with the pain."



Surgical

"Even though most back conditions, including a herniated disc, can be attempted to be treated conservatively, I evaluated a patient who developed a new onset of low back pain with radiation down the leg, along with weakness in the ankle/foot," Dr. Garala says. "The clinical presentation was consistent with lumbar radiculopathy (pinched nerve from the back). We discussed all potential treatment options, i.e., activity modification, medications, physical therapy, spinal injections, and surgical consultation. Most patients will try conservative treatment before exploring the idea of surgery. However, the patient was the sole income producer and traveled for work. The patient didn't have the luxury to try conservative treatment and, logistically, it would be difficult to go consistently to physical therapy because of traveling. As a result, we obtained a lumbar spine MRI which confirmed a pinched nerve from a herniated disc. Surgery was scheduled within the week with one of our IBJI surgeons. This is a case where we had to consider not only the medical cause but other factors of a patient's life that were impacted due to a condition."



Mehul Garala, MD
IBJI physical medicine and rehabilitation physician with fellowship training in spine and sports medicine

Getting to the Source of Your Particular Pain

"Back pain is a symptom, not a diagnosis," says **Will Mosenthal, MD**, an IBJI orthopedic surgeon with fellowship training in spine surgery. "The first step in creating a customized treatment plan is to identify the pain generator. This can be determined by talking to the patient about their symptoms and limitations, a physical exam, and imaging studies. Once the pain generator has been identified, then the treatment plan can be developed with the goal of maximizing pain relief, function, and quality of life."



One Example of Customized Treatment

Dr. Mosenthal recalls a patient who presented with back and right leg pain. The symptoms, physical exam, and imaging findings were consistent with a right-sided disc herniation at L4-L5 with resulting L5 radiculopathy. His initial treatment focused on patient education and reassurance that, in most cases, symptoms improve without surgical intervention.

"We discussed activity and work modifications specific to the patient's usual daily and work activities," he says.

Communication Is Key

IBJI doctors have an ongoing dialogue with their patients to discuss available

A Minimally Invasive Approach for Your Spinal Disorder

"In trying to customize a treatment plan for patients, the most important issue is establishing a diagnosis as to the cause of the spinal condition," says **Cary Templin, MD**, an IBJI orthopedic surgeon with fellowship training in spinal surgery and disorders. "Through the aid of history, imaging (usually X-rays and MRI), and physical exam we can make an accurate diagnosis."



"Once established, we can prescribe treatment for the problem in as minimally invasive a fashion as possible," Dr. Templin adds. "Depending on the specific diagnosis, we can utilize either injections, physical therapy, or in some cases surgical intervention to overcome the specific problem that the patient faces."



Will Mosenthal, MD
IBJI orthopedic surgeon with fellowship training in spine surgery

treatment options and will work toward a plan with the best outcomes.

"Appropriate pain medication is discussed and prescribed if necessary," Dr. Mosenthal says. "Physical therapy is prescribed to help improve pain and function and prevent recurrence of symptoms."

Why Customized Care Matters

What works for one patient may not work for another and, in fact, may cause more harm than good.

"Certain physical therapy exercises that are effective in patients with disc herniations can make symptoms worse if the pain generator is, say, spinal stenosis," Dr. Mosenthal says.

You are treating the patient as a whole, not just the pathology.

"Every patient has their own unique history, beliefs, and preferences and the treatment plan must be tailored accordingly," says Dr. Mosenthal. "There is no one-size-fits-all treatment."



Cary Templin, MD
IBJI orthopedic surgeon with fellowship training in spinal surgery and disorders

Appropriate Treatments for Specific Issues

Don't suffer in silence with spinal issues. Our IBJI back doctors use their knowledge and experience to recommend minimally invasive treatments and advanced technologies that help you to move better and live better.

Get the back pain relief you need by scheduling an appointment today. ■

The Spirit of the Day

Illinois Bone & Joint Institute (IBJI) celebrates monthly Spirit Days to help create a positive work environment and promote fun and camaraderie! Even our patients have enjoyed seeing our monthly themes and are excited to see how everyone dresses up.

Physicians, physical and occupational therapists, front desk staff and many more of the IBJI team have enjoyed celebrating these days. Some of our team members go all out by dressing up and decorating their offices according to the theme. ■

Opening Day for the Cubbies



Disney Day



Click on the icon in the upper right corner of the photo to view a pop-up slideshow of IBJI's Disney Day

Near North Division's



Near North Division's Spirit Day to Support the People of Ukraine

Employees donated \$1 or more to wear jeans, with all proceeds going toward the ongoing IBJI campaign to support relief efforts.



IBJI CARES for the Community

IBJI CARES Volunteer Day

Our IBJI CARES Foundation is proud to support the Glenkirk organization, our 2022 charity partner. On April 23, IBJI staff, family, and friends completed a landscape project, tying in with Earth Day, to beautify a Glenkirk home.



IBJI CARES 3rd Annual Medical Device Donation Drive

Our IBJI CARES Foundation partnered with the Village Church of Gurnee to collect and store walkers, crutches, and more. These much-needed items are being shipped to third-world countries including the Philippines and Cuba to assist an estimated 750 people.



Hear from Our Patients

IBJI appreciates our patients and the feedback they give, and we are honored to hear all of our patient-experience stories. If you have an experience you would like to share, please visit our website at ibji.com/share-your-story. We welcome you to write a patient story, write a short feedback review on your doctor's profile page or submit a patient experience video. Thank you to everyone who has shared their experience with us.

Djuro Petkovic, MD IBJI Morton Grove Physician Offices

Dr. Petkovic is an exceptional doctor. His professional skills as a clinician and surgeon are impeccable. His pre- and post-op care are thorough. He shows respect, empathy, and support in making decisions about my health and course of treatment. Thank you for being the best doctor for me.

Frank J.

Brian Clay, MD

Dr. Clay is absolutely a joy to work with. He listens and he cares and allows you to be a part of your own health and healing. So glad I found him to help manage my pain without so much medication.

Darleen M.

Ami Kothari, MD

Dr. Ami Kothari was very professional, incredibly thorough, and very empathetic. Judging by her examination and questions, her clinical skills are excellent. She took whatever time with me that I felt that I needed. Exceptional care!!

Carl I.

IBJI Physical & Occupational Therapy - Bourbonnais

This was my first time going to physical therapy for anything, and it could not have been a better experience. Tim and his team are such caring, wonderful people! They are very welcoming and understanding of your needs. They're very good at what they do and it shows in the positive progress I made while in their care. They explain everything in detail and why the specific exercises are key to you making progress. I highly recommend this place for physical therapy. You'll feel welcome the first minute you go in there. Such a great team at this Bourbonnais location!

Cindy T.

David Guelich, MD IBJI Chicago-Lakeview East Doctors' Office

I can't say enough good things about Dr. Guelich and the care throughout my entire experience. Great bedside manner that never feels rushed and got me back to a place I never thought I would be.

Steve M.

Brian Schwartz, MD

Dr. Schwartz has been an absolute pleasure to work with. I highly recommend him as well as IBJI. The entire experience has been great. From the beginning discussion to the last follow-up, he and the staff have been truly professional and always eager to help.

M. Smith

Leon Benson, MD

My mom broke her wrist and was very concerned. Dr. Benson from the start was very professional in how to proceed, the best options available, and how the whole process would play out. He mixed some humor with great bedside manner. I am so glad he performed the surgery and rate him at or near the top of bone specialists. Thank you so much, Dr. Benson.

Jim H.

Harpreet Basran, MD IBJI McHenry Orthopedics Doctors' Office

Dr. Basran is exceptional. I've been a patient of his over several years, and each time he has been amazing. He tries to treat injuries in the least invasive way when possible, truly listens to his patients, and is very personable as well as professional. I honestly would go nowhere else for orthopedic care!

Lyn C.

David Anderson, MD

Dr. Anderson, his staff, and IBJI Barrington are outstanding, attentive providers. I was provided excellent care through my entire diagnosis, treatment, surgery, and follow-up. They are prompt to communicate and made sure I was well informed. I felt like they were true partners in my health care journey.

Lois P.



Care in your



Care in your neighborhood

Orthopedic specialists and rehab services close to home



NOW OPEN in Downers Grove



Providing the highest level of medical and technical expertise.

Doctors' Office Hours:
Monday to Friday 8:00am – 5:00pm

Physical Therapy Hours:
Monday to Thursday 7:00am – 7:00pm
Friday 7:00am – 5:30pm

Occupational Therapy Hours:
Call for Availability

1034 Warren Avenue
Downers Grove, IL 60515

630-718-6080 **630-288-7380**
Doctors' Office Physical Therapy Office



ILLINOIS BONE & JOINT INSTITUTE®

Move better. Live better.

MRI





MRI
ibji.com/mri

Everything You Need in One Location

Conveniently located in the same facilities as Illinois Bone & Joint Institute Physician Clinics and Rehab Centers, we have everything you need in one location. You can see your doctor, receive therapy, and get a diagnostic test all in one place, because your time and convenience matter to us.

Why IBJI MRI & CT Services?

- Advanced Technology
- Flexible and Prompt Scheduling
- Appointments in 24 Hours or Less
- Low-Cost, High-Value Services for Our Patients
- STAT Reads
- Immediate Image Access

14 Locations

- Arlington Heights MRI
- Bannockburn MRI
- Barrington MRI
- Bourbonnais MR
- Chicago-Avondale MRI
- Des Plaines CT
- Des Plaines MRI
- Glenview Extremity CT
- Glenview MRI
- Gurnee MRI
- Libertyville MRI
- McHenry MRI
- Morton Grove MRI
- New Lenox MRI
- Westmont MR
- Wilmette MRI

ibji.com/mri

Call **855-IBJI-MRI** to make an appointment, or request an appointment online.

