



**PHYSICAL THERAPY CAN HELP YOU
STRENGTHEN YOUR CORE**



WE CAN HELP YOU STRENGTHEN YOUR CORE

Have you noticed that your back pain seems to make standing upright more difficult, that you don't feel as balanced as you once used to? Believe it or not, these are signs of core muscle weakness. At iMove PT, our physical therapists can help you figure out if your core is weak, and more importantly, how to get it strong again!

Your core muscles help you do a lot – from sitting, to walking, to getting up and down from chairs. If your core muscles are weak, they may be affecting your function and possibly your pain levels.

Our team of physical therapists can assess your core and determine if it is affecting your daily activities. With proper guidance, you can learn how to get strong and engage your muscles the way they were designed to move! Contact iMove PT today to figure out how we can help you strengthen your core muscles and improve your overall health.

What are the core muscles?

When most people think of core muscles, they immediately think of the abdominals. However, the muscles of the core comprises the lower back, hip, pelvis, pelvic floor, and even the diaphragm muscle.

The muscles that make up your core are designed to help stabilize your body, support your posture, and allow your skeleton to move appropriately. When any of the muscles within that group become weak, your trunk experiences instability, which makes it difficult for your body to function correctly.

The stability of the trunk plays a role in maintaining an upright posture and helping to change positions when sitting, standing, and walking. Core strength is also essential in sports performances, allowing the body to balance and control movements while running, jumping, and sustaining contact.

Significant weakness in the core will often lead to compensations and straining different body areas, most commonly the back and neck muscles. As a result, this leads to undesirable consequences, such as poor posture, fatigue, or pain.

Learn more at imovephysicaltherapy.com

ST. LOUIS, MO (CLINIC):
636.590.6827

ST. LOUIS, MO (MOBILE):
636.728.9046

METRO EAST, IL:
618.738.0397

KANSAS CITY, MO:
816.207.3637

TULSA, OK:
573.206.8614

JOPLIN, MO:
417.695.5367

HOW WE CAN HELP STRENGTHEN YOUR CORE

Our licensed physical therapists will conduct a physical evaluation to determine where the weakness is rooted and what muscles must be strengthened to correct it. Whether you feel pain in your back, neck, shoulders, or legs, we will thoroughly analyze your posture, movement, and strength to pinpoint precisely what is causing your pain. From there, we will create an individualized treatment plan for you based on your specific needs, aimed at strengthening your core, improving your posture, and alleviating pain.

Core stability is about muscular strength and proper sensory input. This sensory input alerts the central nervous system about the movements and positions you are putting your body through. This means specific exercises designed to help your body react to different movements.

Our therapists will design a program to teach you how to use your core muscles properly. We will create a strength program that focuses on core-specific exercises and progresses to multi-joint free weight exercises to train the core muscles adequately.

We will provide constant feedback and allow refinement of movements to ensure the core provides optimal spinal stabilization.

What to expect in physical therapy

When your core is strong, reactive, and mobile, it can perform at optimal levels. Our team of physical therapists will assess your particular condition to identify how your core is affecting your function. Your therapist can educate you on how your core affects your physical activity and contributes to the pain you may be experiencing. Through an individualized exercise program, you can reduce your pain, prevent the condition from worsening, and improve daily function. In many cases, physical therapy can design appropriate core strengthening exercises and provide relevant feedback to your central nervous system that improves your function without aggravating your pain. Your therapist can help you reclaim a healthy lifestyle!

Contact us today to schedule an appointment

At iMove PT, our physical therapists are here to help you improve your function and relieve your pain. If you want to strengthen your core, relieve your pain, and improve your overall health, call us today to set up an appointment!

Sources: https://journals.lww.com/ncm-journal/fulltext/2008/01000/core_stability_exercise_principles_14.aspx *<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC498329/> *https://journals.lww.com/ncm-journal/fulltext/2013/06000/systematic_review_of_core_muscle_activity_during_PT.aspx *<https://www.sciencedirect.com/science/article/abs/pii/S1550453818301152>

The NEUBIE Arrives at iMove PT Chesterfield, MO



Dr. Michael Gorman, PhD, PT, DMT, FAAOMPT

You may be asking "What in the heck is the NEUBIE?" If you have pain, loss of mobility, strength and/or balance please read on to learn more about this amazing technology.

What is the NEUBIE?

The NEUBIE stands for Neurobiological Electrical Stimulation. Now that's clear as mud! The NEUBIE is a unique electrical stimulation device that will help you recover from your injuries faster and improve your physical ability. Think of the NEUBIE as a supercharger for reeducating your nervous system how to work the way it was meant to work. The NEUBIE is safe and is FDA cleared.

How is the NEUBIE different from my TENS unit?

The NEUBIE is not like any other electrical stimulation treatment you have had before. The NEUBIE uses a different type of current than all other units out there...and you will do active exercise while receiving the NEUBIE treatment. No laying down on the job at iMove PT!

The NEUBIE is unique in that your therapist will perform a mapping process to find exactly where your nervous system has a disconnect with your muscles. I always say that a muscle is dumb (don't get me wrong, they can look beautiful but they aren't the sharpest knife in the drawer!). A muscle doesn't know what it should or shouldn't do...it is the nervous system that tells the muscle what it should do. Any injury you have will compromise the nervous system's ability

to function efficiently, thus leading to further pain, weakness, and loss of mobility. Never fear, the NEUBIE has arrived. The mapping process will tell us exactly where to place the electrodes on your body to ensure we kickstart your healing!

Benefits of the NEUBIE

Oh my, there are many benefits you will receive with the NEUBIE. They include the following:

- Results after just one session.
- Improved local blood circulation.
- Assists with pain relief.
- Relaxation of muscle spasms.
- Increased strength gains.

Who Can't Receive NEUBIE treatment?

While I wish that every patient of mine could experience the benefits of the NEUBIE, there are certain contraindications to use of the NEUBIE. The following are contraindications that will allow you to not be a NEUBIE lover:

- Cardiac pacemakers
- Cancer in the treated area
- Other implanted medical devices
- Pregnancy

We are so happy to welcome the NEUBIE to iMove PT. Finally, people in the St. Louis, MO region can experience what others have already experienced! Regardless of your diagnosis or condition, we are sure this will be a game changer for you.

If you would like more information on the NEUBIE, call our Chesterfield, MO clinic today at 636.590.6827.

CALL OUR CHESTERFIELD, MO LOCATION AT 636.590.6827



"I would highly recommend him and his firm to anyone needing relief from pain."

"I have had a chronic bad upper arm and shoulder for a few years. Working with Dr. Michael Gorman of iMove PT has brought me almost complete relief. His home visits and then our visits to his new clinic have been examples of what a one-on-one physical therapist can do to restore health to clients. I would highly recommend him and his firm to anyone needing relief from pain." — J.S.

OUR MOBILE PHYSICAL THERAPY SERVICES

At iMove PT, we offer a comprehensive range of mobile physical therapy services designed to cater to your unique needs. Our expertise spans orthopedic rehabilitation, sports medicine, neurological rehabilitation, geriatric physical therapy, and pre and post-surgical rehabilitation.

By providing targeted, specialized care, we ensure that our clients receive the most effective treatment and support throughout their recovery journey. Our mobile services bring this personalized approach directly to your doorstep, making your physical therapy experience more convenient and accessible than ever before.

We understand that every client's journey to recovery is unique, which is why we prioritize personalized treatment plans, skilled and licensed therapists, flexible scheduling, and ongoing support. At iMove PT, our commitment to your well-being extends beyond treating injuries and conditions.



HAVE YOU MET YOUR ANNUAL INSURANCE DEDUCTIBLE?

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 an out of network patient of ours, your deductible may have been met. Or if you are a Medicare patient and have a child or dependent who needs therapy, take advantage of any benefits you may have to use for the end of the year.

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 2024.

GET STARTED TODAY

We are here to help you.

Call the location closest to you to get on our schedule or learn more about our at home services today.

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