

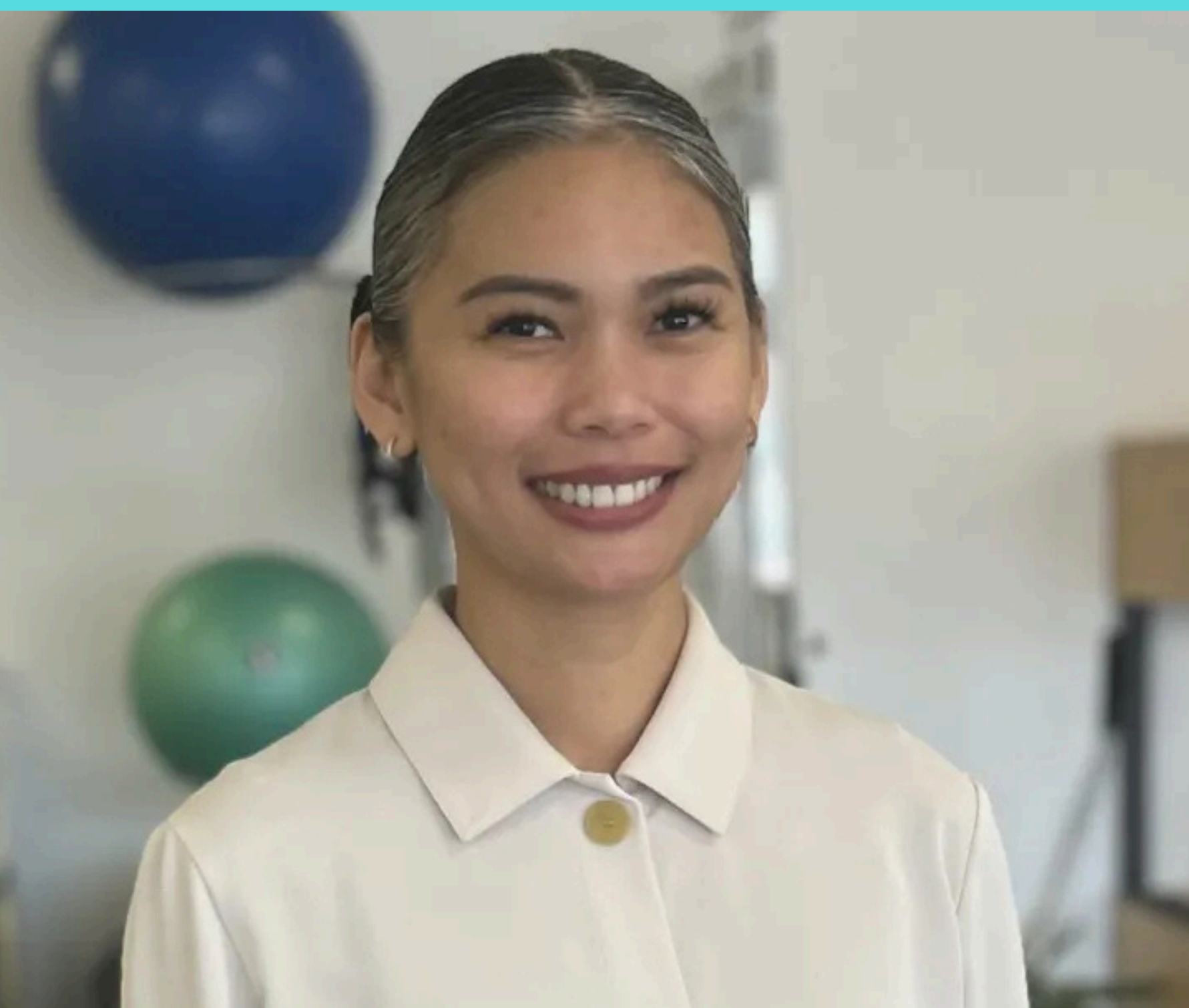
Trusted by Patients, and Referred by Professionals, to Pinpoint the Real Problem

Getting Active Again



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A lot of my patients ask how—or why—I chose the name Skillz.

The truth is, it comes from one of the hardest parts of this profession.

With 17 years as a physical therapist, (Wow can't believe how time flies) one of the most difficult experiences early in my career, was not being able to help someone the way they needed. It's something that didn't just stay in the clinic...it followed me home. There were nights it kept me up, thinking about what I missed, what I could have done differently,

and how I could get better for the next person who walked through the door. So I made a decision early on. I would do everything I could to become better.

I didn't just take random courses, I sought out the ones that would actually make me more effective. The ones that helped me understand what was being missed. The ones that gave me better ways to evaluate, to think, and to treat. I invested my time in learning what would directly help the people I am treating get better.

Over time, that commitment built some skills. Real, hard-earned skills that allowed me to approach each patient with more clarity, more confidence, and a better chance at actually helping them.

When it came time to open & name a practice, I thought about what it should represent.

A lot of clinics are named after the person who owns them. While there's nothing wrong with that, it never felt right to me. I didn't want the focus to be on me. I wanted it to reflect what truly matters: the ability to help the patient in front of us.

Because at the end of the day, it's not about a name. It's about whether you have the right tools, the right understanding, and the right approach to make a difference.

That's where Skillz came from. To make it memorable—and a little different—I replaced the "S" with a "Z."

But the meaning behind it is simple:

Everything we do here is built on the skills required to figure things out, Pinpoint & treat the real problem, and give each patient the best chance at getting better.

And that's Skillz.....with a Z.

Feature Article – Staying Active in May

Staying active in May feels natural after months of being indoors.

The first warm weekends bring out pickleball paddles and tennis racquets. Charity 5ks fill local parks. Afternoons are spent at farmers' markets, chasing little ones or grandkids around the yard, or taking a road trip. In that excitement it's easy to do too much too soon. Without easing into it.

The issue is how the body handles sudden increase in use. Longer walks and hours in the car have the same effect as staying bent over in the garden: they keep the hips and lower back in one position. Starting a daily walking routine suddenly doubles how long your knees are under load. To keep you moving, your body shifts load to other joints, limits certain motions or relies more heavily on different muscles.

What I noticed over the course of my 17yrs of practice, and understand deeper after 2-3yrs of intense training, is that, the area that hurts isn't always where the problem starts. This year alone, I have evaluated and treated knee pain & foot pain that traces back to the lower back, and shoulder pain driven by the neck.

For some patients, this realization comes as a shock. After being told one thing for years, it's not easy to accept a different explanation—especially when trust has already been built elsewhere. That hesitation is understandable.

When the right source is addressed, people often notice changes quickly: less pain, easier movement, and improved range of motion.

For those who are still in disbelief, focus on what's changing. Trust the process.

At Skillz, we start by Pinpointing what's actually causing it.

Practical Resources

Before heading out for a longer walk or a game, spend a few minutes preparing your body. These warm-ups use everyday movements and help wake up the joints that take the brunt of an increase in activity.

Hip circles

Standing with one hand on a counter for balance, gently lift one knee and draw small circles with it in the air. Make five circles in each direction, then switch legs. This loosens the hip so the knee doesn't have to twist as much when you walk or turn.

Ankle lean

Face a wall and place one foot a few inches away. Keep your heel on the ground and gently bend the knee toward the wall. Move in and out of the stretch ten times, then switch sides. Flexible ankles let your foot roll smoothly and take pressure off the knee and back.

Weight shifts

Stand with your feet hip-width apart. Slowly shift your weight onto one foot while keeping both feet on the ground, then shift to the other side. Repeat ten times. This wakes up the muscles that balance and control your hips and knees when you're on one leg during walking or stepping.

These simple motions aren't a cure, but they prepare your body for activity and can reveal if one side feels different from the other. If you notice a big difference, or if the same area keeps getting sore, it might be worth coming in for an evaluation

Success Story



"I had gone to another PT before I came to Skillz. I had several sessions in the other place. Instead of getting better I felt miserable. Last weekend was in so much pain. On Monday I came to tell the chiropractor that I didn't want to continue with them. On Tuesday was my first session with Aime at Skillz. Oh my God, it felt so good everything, she did to my leg and knee. She showed me some exercises to strengthen my knee then gave me a massage to my leg, then she did some other treatments. Oh my God, the next day the pain was gone. I cannot believe it. I call them to thank Aime. She is very active. When Aime did the evaluation she told me that the pain I have in my knee was nothing related with the osteoarthritis. Aime is an Angel that God sent to me. God blessed her and the team. As soon as you cross the entrance door the receptionists make you feel like part of the family. All the staff is very professional and kind. I highly recommend Skillz and Aime." ~ Maria R.

What failed

She tried other medical professionals, PT's, Chiropractors, but the symptoms were being treated not the actual source.

What we found instead

During the assessment, we look at how your body responds to specific movements and tests. Each one gives information. We also ask targeted questions to understand when the pain shows up, what changes it, and what doesn't.

From there, it follows a structured line of reasoning. If a certain structure is the source, it should produce a predictable response. If that response isn't there, we rule it out and move on. Step by step, that narrows things down until the actual source becomes clear.

What we found to be true

When the source is correct, the response changes.

Events

Events We Will Be At

We're proud to be a vendor at this year's AGING WELL EXPO on May 8, 2006 from 9 am - 12 pm. The expo will be held at the Levy Senior Center, 300 Dodge Ave., Evanston, IL 60202. Stop by our booth for a quick chat or to ask any questions.



I'd like to close by wishing all of our moms a well-earned Mother's Day. For everything you manage and carry each day, we hope you get a moment to enjoy it.

