

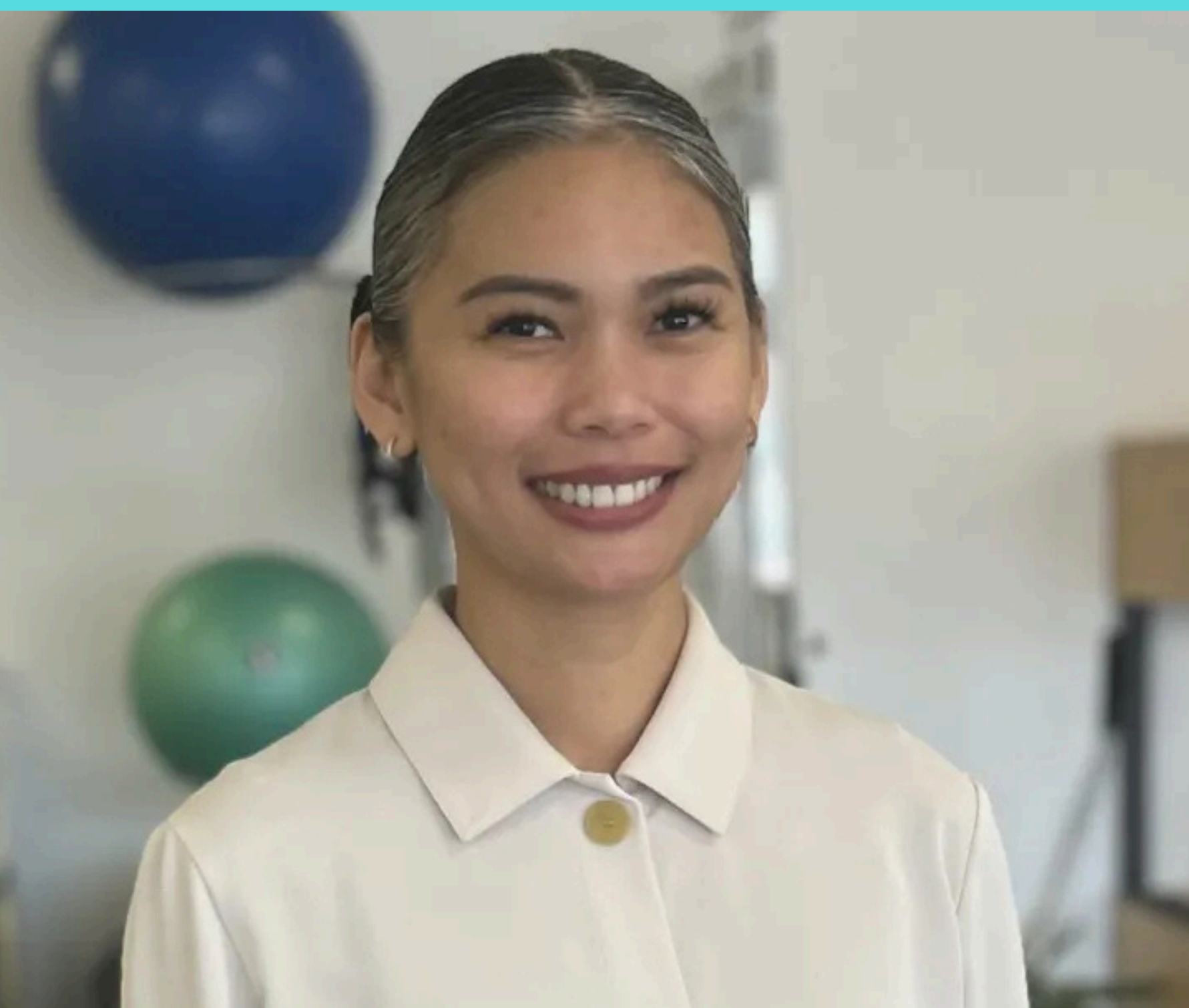
Physical Therapy That PinPoints the Source.

Move Better All Summer



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One thing I have learned over the years is that health has to fit real life. Between family, running the clinic, and trying to be fully present for our patients, I do not always have a perfect routine.

What helps me stay steady is activities I genuinely enjoy. Boxing helps me reset and stay sharp. Pilates helps me with control, strength, and stability. Pickleball reminds me that movement should still be fun, social, and part of real life.

I do not do all of it perfectly, and I do not think most people need perfection anyway. We need consistency, self-awareness, and a plan we can actually live with.

Quick Tip You Can Use Today

Before Pickleball, Travel, Or Long Walks, Do This First

A lot of summer setbacks do not come from a major injury. They come from jumping back into activity without giving your body a chance to prepare. If you are headed into pickleball, a longer walk, or a travel day, do not make the first hard movement your fastest movement.

Start with three simple things: **1). wake up your hips, 2). open your upper back, and 3). do a few controlled weight shifts before anything fast or repetitive.** Then notice whether one side feels guarded or sluggish. A short warm-up will never make headlines, but it often makes the difference between feeling ready and feeling worn down.

One-Minute Travel Mobility Break

Try this one-minute travel mobility break: 20 seconds of shoulder rolls, 20 seconds of gentle marching in place, and 20 seconds of ankle pumps before you head out or after a long sit.

Use it after flights, drives, meetings, or any stretch of stillness. It is simple, but simple done consistently can help your body feel more awake before the next thing on your schedule.

CLINIC NEWS

AIM Wellness

Early enrollment for our Wellness program is now open. If you want one of the early slots, contact Vanessa at **(847)-859-6240** and ask to be added to the wellness program. These spots are designed for patients who want guided maintenance, smarter movement, and a consistent plan after formal PT or between periodic check-ins.

READY FOR A STRONGER SUMMER?

The Wellness Program helps patients stay consistent after PT by giving them guided support before familiar patterns start creeping back in. It is designed to help you maintain progress, build strength & mobility, and keep moving with confidence.

Success Story



“Aime is an exceptional physical therapist. I went to her for knee replacement rehab and vestibular therapy. She excelled at both! I was at a "big box" PT place making very little progress and in a lot of pain. Aime put me at ease right away. She did a thorough assessment, went over my goals and we made a plan. She was patient yet encouraging. She uses multiple modalities to recover strength and range of motion and provides an easy-to-use app for at-home exercises. Plus, she varied the exercises so I did not get bored. She is a great cheerleader and I'm happy to report that I am back to pre-surgery activity levels. Recovering from knee replacement takes A LOT of work, but with a knowledgeable and compassionate PT like Aime, you'll see results. I would not dream of going anywhere else.”

Thank you for taking the time to share your experience with Skillz.

Your reviews mean more than kind words. It helps neighbors in our community find care they can trust, and it reminds our team why we do this work every visit. We are grateful for your time, your trust, and the chance to be part of your progress.

 ~ Aime

The Summer Movement Checkup

June is a smart time to get ahead of the stiffness, balance issues, and small flare-ups that can quietly steal the fun from summer. Whether you are walking more, traveling, getting back to pickleball, or trying to keep up with life without feeling tight and tired, we are here to PinPoint and help you move with confidence.

If you already know you want support, now is a good time to act. A focused June visit can help you understand what is limiting your movement before small issues become bigger interruptions.

Book your visit, or reach out to Vanessa to enroll in the Wellness early list.