

Move Better



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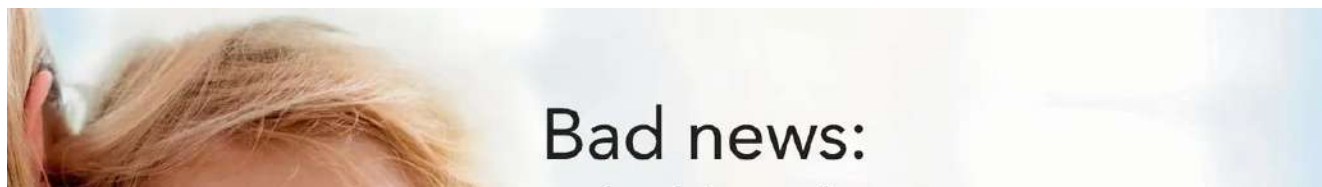
FALL 2021 | Co-published with *Community Health Magazine*

-
- LISTEN & LEARN WITH IBJI 3
-
- TOP TIPS FOR STRONG BONES 4
-
- THE LATEST ON CT SCANS 6

SUPPORTING Student-Athletes

Providing services at more than 20 area high schools is just one example of IBJI's community-based care

PAGE 8



Bad news:



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Move



COVER STORY

Supporting Student-Athletes

8 Providing wellness services to high school student-athletes is part of IBJI's commitment to educating, informing and caring for the community.

BONE HEALTH

Know Your T-Score

4 Exercise, diet, stress and other factors all influence the health of your bones. Knowing your T-score can provide direction regarding which of these you need to address.



PHYSICIAN PODCAST

Get OrthoInformed

3 Join Dr. Eric Chehab as he discusses a variety of health conditions with IBJI experts across all orthopedic specialties.

Q&A

Do You Have a Weak Pelvic Floor?

12 Physical Therapist Catherine Slaastad explains the benefits of pelvic floor therapy, and says strengthening these muscles is important.

ALSO IN THIS ISSUE: **14** The IBJI CARES Foundation 2nd Annual Charity Golf Outing and Silent Auction Fundraiser Raises Over \$40k for Glenkirk

Move Better

FALL 2021
VOLUME 3 | ISSUE 1

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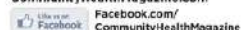
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Boost Your Health Awareness

The beginning of fall is a time of reflection and transition. You've likely enjoyed picnics, trips to the beach, dining out, concerts and sports now more than ever following the lockdowns and cancellations of 2020. School is in full swing and kids are more active again as they move back to in-person classroom settings. You can look forward to football games, cooler weather and the hunt for the perfect pumpkin. As you make the transition to fall and all it has to offer, it's a great time to boost your health awareness with our Fall 2021 issue of *Move Better*, providing the latest good news happening at IBJI.

In this issue, you'll read about IBJI's *OrthoInform* podcast. Designed with your questions and concerns in mind, these newly launched free episodes are led by host Dr. Eric Chehab, who interviews IBJI surgeons to deliver all the information you need about the most common surgical procedures.

Our cover story talks about the special relationships our IBJI athletic trainers have with local high schools to keep our kids safe and healthy.

You'll also meet our new IBJI rheumatologist — Dr. Teresa Sosenko — who discusses bone health and how diet, exercise and reducing stress can help. A DXA Bone Density Scan may be in your future to get your "T-score."

Also in this issue, get informed about pelvic floor therapy for women and men. You'll meet one of our physical therapists who specializes in strengthening pelvic floor muscles and answers some common questions about this type of therapy.

Finally, we hope you'll read the story about our new CT scan protocols based on the latest research.

At IBJI, we're all about keeping you — the patient — up to date so you can move better and live better.

Happy Reading!

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



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

As you make the transition to fall and all it has to offer, it's a great time to boost your health awareness with our Fall 2021 issue of *Move Better*, providing the latest good news happening at IBJI.

Get 'OrthoInformed' with New Physician Podcast



Illinois Bone & Joint Institute (IBJI) is proud to announce the launch of our new podcast series, *IBJI OrthoInform*. This podcast will give existing patients and prospective patients more information about what they can expect before, during and after surgical procedures, and to augment the informed-consent discussion for physicians and patients.

Our informative episodes are hosted by IBJI's own Dr. Eric Chehab as he interviews IBJI doctors across all specialties on a variety of topics in each episode.

"The purpose of *IBJI OrthoInform* is to provide information for patients about common procedures we do every day," says Dr. Chehab. "We are recording episodes initially for the most common procedures we do — a 'Top 10' list, so to speak, and will expand as we can. It's doctor-provided content, so patients can receive more expert information about joint replacement, spine surgery, sports medicine surgery (knee and shoulder

arthroscopies), hand surgery, foot ankle surgery and trauma surgery. We plan to have several episodes recorded for all of these subspecialties in short order."

Some topics that patients can expect to learn more about through *IBJI OrthoInform* include total hip replacement, Achilles tendon repairs, carpal tunnel syndrome, rotator cuff repair, total knee replacement and much more.

You can subscribe to the podcast on Apple Podcasts, Spotify, Google Podcasts, Stitcher and other platforms. Each episode is around 20 to 30 minutes, which is perfect to listen to during your daily commute!

IBJI OrthoInform is a great resource for patients and prospective patients to learn more information about their upcoming procedures. Learn more at ibji.com/podcast.



Dr. Anand Vora (left) is interviewed by Dr. Eric Chehab on Achilles Tendon repair.



Dr. Eric Chehab (right) interviews Dr. Michael O'Rourke on total hip replacement.

YOUR COMMUNITY CH IBJI



How to Keep Your Bones Healthy

Arm Yourself with the Bone-Building Knowledge You Need

Bones constantly rebuild and remodel themselves, but we can proactively promote bone cell regeneration through a healthier diet, exercise plan and stress management techniques. By knowing your “T-score,” which reveals the health status of your bones, you can help direct your next move toward better bone health. You can get your T-score by consulting with a physician who can help you schedule a DXA Bone Density Scan at Illinois Bone & Joint Institute.

What Kind of Physician Specializes in Bones?

A physician who specializes in diagnosing and treating complex musculoskeletal conditions is called a rheumatologist. These skilled physicians can help diagnose arthritis, osteoporosis and a whole host of other bone-related diseases and conditions.

Dr. Teresa Sosenko joined IBJI this month and is a fellowship-trained rheumatologist.

What Is in Our Bones?

Essential minerals are stored in our bones, along with nerves, blood vessels and proteins. Two layers make up our bones. There is a dense and rigid cortical layer that supports our skeletal structure, and a flexible trabecular

layer that holds red bone marrow and produces red blood cells.

Bones are also mineral reserves, storing up to 99 percent of the body’s calcium and 85 percent of its phosphorus.¹

How Does Diet Affect Our Bones?

Improving your diet to support bone health means eating foods that don’t contain a lot of acid, because highly acidic foods can interfere with calcium absorption. Calcium is an essential nutrient for bone health.

Eat a Plant-based and Protein-rich Diet

Optimal bone health can be obtained by adding a variety of plant-based proteins (beans, legumes, nuts, seeds, natural soy)

with high-quality animal proteins (eggs, salmon, lean meats). “This will ensure you get all of the valuable nutrients needed to build a strong body,” according to the National Spine Health Foundation.²

Take Your Vitamins

Vitamins D and K support bone health because they help with the absorption and delivery of calcium in the body.

“Foods that are good for the bones include low-fat dairy products and fish,” Dr. Sosenko says. “Both have a lot of vitamins, calcium and vitamin D.”

Avoid Sugar and Processed Foods

Avoid sugar, quit smoking, limit alcohol to one to two drinks per day, and avoid caffeine and highly processed foods.

4 FALL 2021 MOVE BETTER

Excessive caffeine consumption results in a loss of calcium and magnesium, which predisposes you to a higher risk

What if Someone Has Osteoporosis?

“Patients with osteoporosis need calcium



Excessive caffeine consumption results in a loss of calcium and magnesium, which predisposes you to a higher risk of fractures.

What About Natural Sugar?

"Fruits such as oranges, bananas and even grapefruit have a lot of potassium and vitamin C, so those are okay," Dr. Sosenko states.

Ways to Improve Bone Health Through Exercise

Regular exercise lowers your risk of bone loss. Consider weight-lifting exercises, jogging, walking, or playing tennis to keep your bones healthy. Dr. Sosenko recommends weight-bearing and muscle-strengthening exercises that can be high-impact or low-impact.

"As long as the patient can tolerate it, there's tennis, running, dancing, walking or a stair-stepper," she says. "Obviously, any muscle-strengthening exercises like bands or weight machines are beneficial."

What Does Stress Do to Our Bone Health?

The Journal of Epidemiology & Community Health found that women who reported high levels of social stress had lower bone density six years later.³ That's because stress leads to higher levels of cortisol in the bloodstream, which affects our bones.

High levels of cortisol can lead to Cushing's disease. Symptoms include high blood pressure, excessive weight gain or weak muscles. Stopping the use of steroid medication and practicing relaxation techniques can lower cortisol levels.

What Is the DXA Bone Density Scan?

DXA stands for Dual Energy X-ray Absorptiometer, which is a low-dose imaging instrument that measures the density and strength of your bones and delivers a score.

T-Score

"The way to truly diagnose osteoporosis is to look at the T-score," Dr. Sosenko says. "A patient will either be above or below values. Anything between -1 and -2.5 means low bone mass or osteopenia, and anything at or below -2.5 is considered osteoporosis."

What if Someone Has Osteoporosis?

"Patients with osteoporosis need calcium and vitamin D supplementation," Dr. Sosenko says. "If you receive a diagnosis of osteoporosis, that's when you would need to discuss a bone-strengthening agent."

How Much Calcium Do We Need?

The recommendation is to get 1,000 to 1,200 milligrams of calcium per day.

"Most people only get 500 to 600 with their diet," Dr. Sosenko says. "A lot of people take vitamin D because they forget to take their calcium."

What's the Difference Between a Bone Scan and a DXA Bone Density Scan?

A bone scan looks for fractures, cancer, infection, or abnormalities in the bones, while the DXA bone density scan looks at bone mineral density to determine the strength of bones, identifies your risk of breaking a bone (fractures) and reveals if you have a condition called osteoporosis.

The denser the bones, the less likely you are to experience fractures.

Do You Need a DXA Bone Density Scan?

Anyone can get a bone density scan at any time, but you may have some conditions that put you at greater risk for low bone density. Here are a few indicators:

- **Shorter Than You Used to Be**
If you've lost height — at least 1.5 inches (3.8 centimeters), according to the Mayo Clinic — you may have compression fractures in your spine. One of the main causes of this is osteoporosis, a condition that makes our bones porous, brittle and at risk of fractures.



TERESA SOSENKO, MD
RHEUMATOLOGIST
ILLINOIS BONE & JOINT INSTITUTE

- **Drug History**
If you've taken drugs that interfere with bone health, such as prednisone, you may be at risk of developing osteoporosis.
- **Fluctuating Hormones**
Drops in hormones — estrogen for women, testosterone for men — that occur naturally later in life can put you at greater risk of weakened bones.
- **Cancer Treatment**
Since certain treatments for prostate cancer reduce testosterone levels and lowered sex hormones weaken bones, you may have a low bone-density score.
- **Secondary Bone Loss**
If you have an eating disorder, thyroid issue, or Type 1 diabetes, you may want to have a bone density test to determine how to address potential secondary bone loss caused by these conditions.

Next Steps

Check out IBJI's Rheumatology page for more information on all of our services. You can schedule an appointment with a rheumatologist to talk about your bone health, schedule a DXA bone density scan and more. Dr. Sosenko is accepting new patients, and practices at IBJI's Des Plaines, Morton Grove and Park Ridge offices. ■

SOURCES

- ¹ "How to Strengthen Your Bones," by Mo Perry. Experience Life by Life Time. Retrieved on August 12, 2021 from <https://experiencelife.lifetime.life/article/how-to-strengthen-your-bones/>.
- ² "Lifelong Nutrition for Healthy Bones." National Spine Health Foundation. Retrieved on August 12, 2021 from <https://spinehealth.org/lifelong-nutrition-for-healthy-bones/>.
- ³ "Difficult relationships linked to bone loss." Harvard Health Publishing. Retrieved on August 13, 2021 from <https://www.health.harvard.edu/mind-and-mood/difficult-relationships-linked-to-bone-loss>.

A Better CT Scan Experience

Why You No Longer Need a Lead Apron

Detailed images of your affected body parts, such as your brain, spine, upper or lower joints and extremities, help provide your physician with the proper information to accurately treat and diagnose your injuries. The CT scan, which stands for computed tomography, is quick and painless. Your doctor will read the scan and be able to see your internal organs, soft tissues, bones and blood vessels.

New Safety Protocols

You may be familiar with the lead apron that is usually placed over you to protect you from CT radiation. This is a practice that was established decades ago because scientists believed it would keep your reproductive organs shielded during the scan. Today, we know from more than four decades of data that's not the case. There really has been no radiation effects on humans from CT scans, according to the latest data we have.* Plus, with the latest equipment and technologies of today, we are able to deliver precisely measured doses that pose extremely small or even nonexistent radiation risks.

Latest Research

These current findings led to Illinois Bone & Joint Institute's decision to stop using the lead apron during CT scan procedures. We arrived at this decision based on what we learned from the FDA and the American Association of Physicists in Medicine. It's based on the following findings:

- The use of lead shielding adds no benefit for patient safety.
- It carries a risk of increased radiation dosage by interfering with modern equipment automatic exposure control.
- It could cover areas of the body the doctor needs to see to provide the most accurate and comprehensive view of the area.





Read more about our **Shed the Shield Initiative**. Schedule an appointment for a scan at either our **Des Plaines (full CT) or Glenview (extremity CT) locations**.

Avoid Repeat CT Scans

When scanning equipment detects an obstruction, such as a shield barrier, it may push out more radiation to obtain an accurate image. In some cases, it may not be able to see through the apron, resulting in the need for a repeat scan.

Get Accurate Information

At IBJI, we believe the best patient is an informed one, so we want to alleviate any fears you may have associated with CT scans and MRIs. Research shows most patients do not accurately

understand the radiation dose delivered through a CT scan is negligible, and that MRIs use no radiation at all.

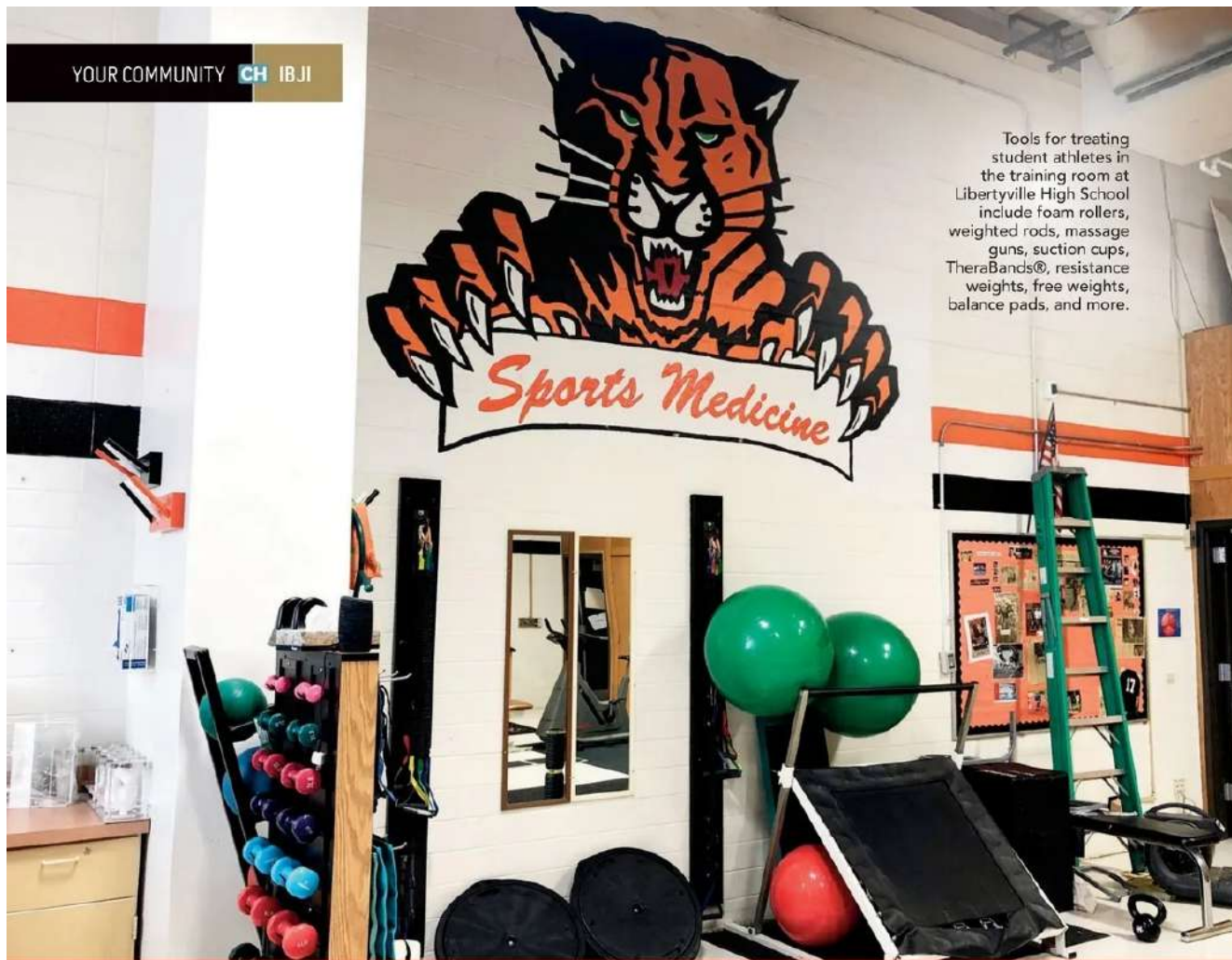
Safe Scans for You

We rely on the latest research to inform our decision-making and we are always working to provide the safest delivery of care to our patients. We will continue to provide you with the highest quality diagnostic exams with the lowest health risk. Please discuss any questions or concerns with your CT technologist.** ■

Source: **"Patient Shielding in Diagnostic Imaging: Discontinuing a Legacy Practice."** American Journal of Roentgenology. Retrieved on August 11, 2021 from <https://www.ajronline.org/doi/full/10.2214/AJR.18.20508>.

**We understand that change can be hard, so for the time being, the use of the lead apron during a CT scan is left to the discretion of the patient.



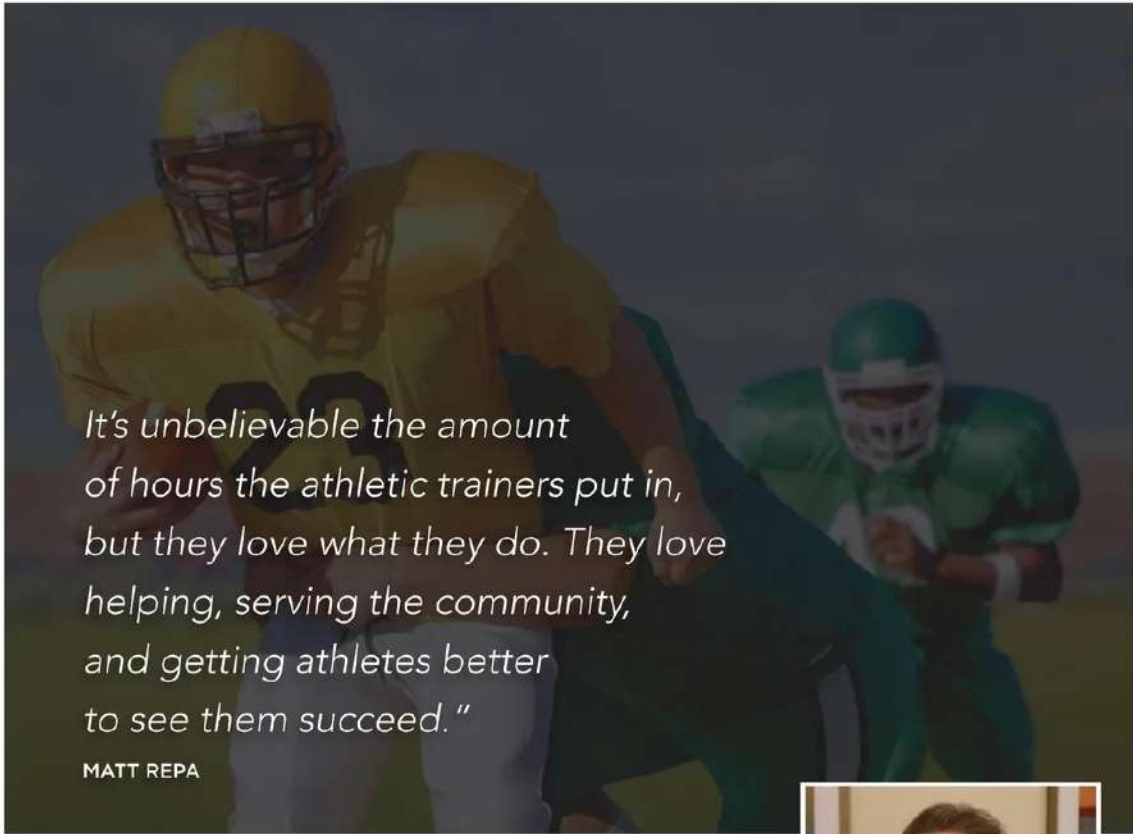


Tools for treating student athletes in the training room at Libertyville High School include foam rollers, weighted rods, massage guns, suction cups, TheraBands®, resistance weights, free weights, balance pads, and more.

Helping Our STUDENT-ATHLETES

IBJI Certified Athletic Trainers Bring Wellness Services Directly to Schools

Since opening our doors 30 years ago, Illinois Bone & Joint Institute (IBJI) has been out in the community educating the public about orthopedic care. We've established relationships with professional sports teams, universities, clubs and local high schools. In 2008, we expanded our reach by bringing athletic training services directly to our student-athletes through contracted agreements with local high schools.



It's unbelievable the amount of hours the athletic trainers put in, but they love what they do. They love helping, serving the community, and getting athletes better to see them succeed."

MATT REPA

"It's a community-based effort," says Matt Repa, who leads Sports Medicine Business Development at IBJI. "We are an organization that takes care of local high school teams, and it's important to us to service these athletes and make sure they are excelling at their highest capacity."

IBJI Is Right Where You Need Us to Be

Today, we're proud to say we have an athletic training presence in more than 20 local high schools in the IBJI service area, covering multiple counties. These allied health professionals are helping student-athletes to move better through rehabilitation and strength-training programs.

Within each school, there may be one to three athletic trainers on-site to treat injuries, provide rehab services and educate students on what they need to do to return to play.

"It's exciting to build around our IBJI team physicians, who have had longstanding relationships at these schools," Repa explains. "Dr. Michael Corcoran, for example, started at Bishop McNamara High School in 1996, and it's nice we can now offer a collaborative model with that school."

About 30 certified athletic trainers from IBJI are currently working in local high schools, in conjunction with team physicians. Having them available throughout the school day makes it convenient for students who can visit at lunch or after school, and it's a blessing for the parents to know a medical professional is quarterbacking their child's orthopedic health on a daily basis at the school.

"While an IBJI Sports Medicine physician might be a team physician at a football game, they're not in school every day," Repa explains. "These athletic



MATT REPA
SPORTS MEDICINE BUSINESS DEVELOPMENT
ILLINOIS BONE & JOINT INSTITUTE

trainers are working full time and they're on-site every day for kids to go seek evaluation, triage and treatment. It's unbelievable the amount of hours the athletic trainers put in, but they love what they do. They love helping, serving the community and getting athletes better to see them succeed."

Continued on page 10

Continued from page 9

SPOTLIGHT:
Libertyville High School

This is the second school year that IBJI athletic trainers have been helping students and faculty with rehabilitation services in a dedicated training room at Libertyville High School.

Three athletic trainers, led by IBJI Head Athletic Trainer Megan Hutchins, ATC, work with students and staff Monday through Friday at the school and assist at sporting events and practices. The athletic trainers assess and treat injuries. The treatment interventions the athletic trainers utilize to provide the best care possible include, but are not limited to: targeted strengthening, manual therapy, concussion evaluations and workouts, recovery, cryotherapy, functional testing and post-surgical rehab.

"We open the doors at 10:25 a.m. and we treat during all four lunch periods, and then we open up at the end of the school day for kids to come back and do more rehab," Hutchins says. "After school, we're here until 6:30 p.m. or later based on events and practices."

This fall, the athletic trainers are working with students participating in football, soccer, swimming, diving, volleyball, tennis, cross country and golf. The most common injuries they see among these athletes are muscular/soft tissue strains and sprains.



Front row (l-r) Orange shirt: Phil Duplessy, IBJI Assistant Athletic Trainer; Megan Hutchins, IBJI Head Athletic Trainer; Back row (l-r) Sarah Armstrong, IBJI Assistant Athletic Trainer; Nate Van Metre, IBJI HPI Strength & Conditioning Coordinator

This fall, ATCs are providing treatment for student-athletes who participate in:

- FOOTBALL**
- SOCCER**
- SWIMMING**
- DIVING**
- VOLLEYBALL**
- TENNIS**
- CROSS COUNTRY**
- GOLF**



10 FALL 2021 MOVE BETTER

How IBJI Helps Student Athletes Prevent Injury

The message the athletic trainers want to deliver to the students is that strength prevents injuries.

“Obviously, there are traumatic things that we can’t avoid,” Hutchins explains. “However, when an athlete is put in an awkward position and they are strong enough, their muscles will fire and hopefully counteract that force to correct that pattern so they don’t hurt themselves.”

Making Students Stronger

In addition to rehab services — treating common athletic-related injuries — IBJI also offers strength and conditioning courses through IBJI’s Health Performance Institute (HPI), which offers wellness services focused on sports performance in Highland Park, Morton Grove and Mount Prospect.

“We do a lot in conjunction with HPI, so most of our athletes are either in the Introduction to Weight Training or Advanced Weight Training class, so they’re doing their workout and learning proper form and proper mechanics to prevent injuries,” says Hutchins. “We have a lot of kids who have realized that they can just come in here and do preventive-type strengthening exercises as well.”

IBJI’s Coordinated Care Approach

“We work hand-in-hand with the athletic trainers,” explains Nate Van Metre, MS, CSCS, HPI Strength and Conditioning Coordinator.

Van Metre works on strength and conditioning with students before and after school, and teaches strength and conditioning classes at Libertyville High School during the first two class periods.

“The athletic trainers do rehab and deal with injuries,” Van Metre says.



NATE VAN METRE
HPI STRENGTH & CONDITIONING COORDINATOR
ILLINOIS BONE & JOINT INSTITUTE

“Once the students are cleared, they can come back to the weight room and I’ll train them there.”

It’s not just the expert knowledge of the athletic trainers and strength coaches that helps students achieve optimal health. It takes dedication from the students as well. They need to show up, agree to do the prescribed exercises and listen carefully to steps that may prevent them from getting injured again.

“It’s a collaborative effort,” says Assistant Athletic Trainer Phil Duplessy, MS, ATC. “The relationships we have with the athletes while treating them is the best part of this job.”

“Responding to an injured athlete on the field, working with them through rehab and return-to-play protocols, and then seeing them back on the court or field is special because both you and the athlete’s hard work paid off, allowing them to get back to their sport, which is always the goal,” adds IBJI Assistant Athletic Trainer Sarah Armstrong, ATC.

Treatment Isn’t Just for Students
Rehab services can cover neck pain

caused by staring at a computer for too long, or any number of issues stemming from the day-to-day physical demands we place on our bodies. The athletic trainers will often spend a portion of their lunch periods treating staff.

“We tell staff that if they’re available they can come down, or the building and grounds people, or our entire athletic department, including the director and the secretary,” Hutchins says. “We don’t just treat athletes. We treat everybody.”

Trained to Refer When Necessary

If there is a concern for a fracture or a major structural injury, the athletic trainers will immediately refer a student to an orthopedic physician or athlete’s preferred physician. If there’s an injury that is being treated through rehab, the athletic trainers take a watchful approach.

“If there’s no noticeable improvement within a week, then we’ll send them to a physician for further evaluation,” Hutchins says.

Outreach with a Purpose

Educating the community about sports medicine, what athletic trainers do and the value they bring to a school is important to IBJI.

“The skill set of an athletic trainer is very unique in that we can evaluate any injury and know when it’s appropriate to refer right away, or work on strengthening and give it some time,” Hutchins says. “Our model here at Libertyville High School is also very unique. Not every high school has access to an athletic trainer during the school day. With us being here during the day, we are able to do all rehab and evaluations and can get an athlete in on the same day to see a doctor or physical therapist, if warranted.” ■



For more information about the role of athletic trainers and IBJI’s other Sports Medicine services, visit ibji.com/sportsmedicine.

PELVIC FLOOR THERAPY: It's Not Just for Women

Q&A with Physical Therapist and Pelvic Floor Specialist Catherine Slaastad, PT

Embarrassment stops a large percentage of people from talking about incontinence, but it's much more common than you might think. Physical Therapist Catherine Slaastad spent a number of years working in Norway, where laboring techniques were causing a large percentage of patients to damage their pelvic floors during childbirth. She brings her years of research-based experiences abroad to IBJI's Wilmette office, where she works with men and women who need to strengthen or repair their pelvic floor muscles.

What are pelvic floor muscles?

Slaastad: The pelvic floor muscles are made up of layers of muscle and connective tissue. These muscles extend from the pubic bone to the tailbone in between the sit bones. Women, men and children all have pelvic floor muscles. They provide pelvic-organ support for the bowel, bladder and intestines, and help push fluid in and out of the pelvis. They are responsible for sexual function, as well.

What is your experience with pelvic floor therapy?

Slaastad: I partnered in a women's health practice for many years in Norway. In the early 2000s, pelvic floor therapy was needed because, at that time, there was a high incidence of pelvic-floor injuries during childbirth among women in Norway, as compared to other Scandinavian countries. In pregnancy, treatment consists of lumbar- and sacroiliac (SI)-stability training and pelvic floor training to prevent urinary incontinence during pregnancy and after birth. Pelvic floor training in pregnancy has shown decreased long-term incontinence. If an injury to the perineum occurs, recovery time is reduced in patients who've participated in pelvic floor training.



How were you able to help these patients?

Slaastad: We formed groups of up to 10 patients who would train supervised for 90 minutes, three times a week, focusing on pelvic floor and SI- and lumbar-stability exercises.

Separately, we had postpartum groups. We trained the pelvic floor a little more extensively with women who continued to have incontinence or birthing injuries that caused the incontinence. Some of these women continued to have SI joint pain. We saw impressive outcomes with our patients. We had very high success rates.

What are some of the exercise-based techniques used to help these patients?

Slaastad: We train the transverse abdominal muscle, which is that broad muscle across the abdominals that makes that area flat. We engage those muscles and teach breathing techniques for relaxation so the patient can find and engage their pelvic floor muscles. We teach them to bear down as though they're going to be voiding, and then to pull up and in so they can find those muscles. It's a subtle movement where you engage your abdominals and then pull your pelvic floor muscles in.

Currently, I work with patients for 60 minutes one-on-one. The consistent training fatigues the muscles so that they get stronger. For people who cannot engage the pelvic floor muscles, there are biofeedback apparatuses that can be used to help find and engage the correct muscles.



CATHERINE SLAASTAD, PT
PHYSICAL THERAPIST,
PELVIC FLOOR SPECIALIST
ILLINOIS BONE & JOINT INSTITUTE

Why do men have pelvic floor problems?

Slaastad: The anatomy of the internal pelvic muscles is the same for women and men. We have different organs but the musculature of the pelvic floor is the same. When men have traumatic issues like bladder cancer or prostatectomy, that affects their ability to control those muscles much the same way as it does for women. You have to control the pelvic floor muscles in order to control the urinary flow.

What are the tools used in pelvic floor therapy?

Slaastad: Biofeedback is a tool for the patient to use. Patients use a probe internally. Once the patient learns how to use the biofeedback machine correctly, they can use it at home. Another apparatus that is currently used to help the patient find the pelvic floor muscles is electrical stimulation.

What is a typical first visit like?

How many people nationwide suffer

What led you to specialize in this area and how have

What is a typical first visit like?

Slaastad: A patient will come in wearing loose fitting clothing. The evaluation consists of collecting the patient's history, any background of any traumatic injury to the pelvic floor, and then we would go through their functional difficulties, and I would tailor the exercises to what their problem is.

After every pelvic floor therapy visit, which is an hour long, they would receive an at-home exercise program. There are progressions to the exercises. Based on how the symptoms present, we adjust the number of repetitions and the length of time they hold the contraction.

Is a referral needed for pelvic floor therapy?

Slaastad: With most insurances, a referral in the state of Illinois is not needed. Most patients are referred by their gynecologist or urologist. Some get referred by their primary care physician. Some self-refer because their insurance allows them to do that. With Medicare, you need a referral, but with most insurances you have direct access, meaning you can just schedule an appointment directly.

What are some of the myths surrounding pelvic floor therapy?

Slaastad: It's a myth that it's just for pregnant women. It's also a myth that it's painful. It's a myth that it's just for the elderly. And that it's embarrassing. Once you start talking to people you find out that pelvic floor therapy is much more common than you think. It's just not talked about.

What causes a weak pelvic floor?

Slaastad: In addition to pregnancy and age-related factors, obesity is a contributing factor for pelvic floor dysfunction. When people lose weight, their incontinence seems to improve. They notice that it's much easier to contract the pelvic floor, and they have far fewer issues because they have less intra-abdominal pressure. The pelvic floor acts like a hammock. Added intra-abdominal weight puts undue pressure on the pelvic floor making it difficult to control the muscles.

How many people nationwide suffer from incontinence?

Slaastad: In pregnant women it's about 30 percent to 40 percent. The prevalence of urinary incontinence reported in population based studies ranges from 9.9 percent to 36.1 percent, according to the World Health Organization, and it's twice as high in older women as in older men. Every study is a little bit different. I tend to read a lot of European research.

Are more men coming forward with pelvic floor issues?

Slaastad: I have seen a lot more men with bladder cancer and prostate difficulties. It's not quite 50/50 yet in terms of the male/female patients I see, but it may be getting close.

What are the symptoms that you might have a weak pelvic floor?

Slaastad: If you are coughing, sneezing, lifting and you're having leakage, that's a sign of a weak bladder. If you also have an urge to urinate and you cannot get to the restroom in time, that's also a sign of incontinence. If you have these symptoms, then you may have some type of incontinence/weak pelvic floor.

Does pelvic floor therapy help the abdominals as well?

Slaastad: A lot of women will report they notice their tummy is flatter. I tell them that is one of the benefits! You can have a flatter tummy. There is a correlation because anytime you have weak core muscles and you're not engaging your muscles with lifting and pulling and pushing, that will indirectly put pressure on your pelvic floor. A strong core will help you to not strain your pelvic floor. I will sometimes have patients with low back pain train their pelvic floor. By strengthening the pelvic floor, it makes the lower back more stable, so that's another benefit.

What led you to specialize in this area and how have you been able to help others with this issue?

Slaastad: Basically, it was the fact that we had moved to a location that had such a need for this kind of therapy. The more I worked with the patient population in Norway, the more I learned that this was a fantastic way to train patients.

What would you like the general public to know about pelvic floor issues and incontinence?

Slaastad: It's a problem that's everywhere. It's worldwide. They are not alone if they have it.

How do you help patients talk more openly about their incontinence issues?

Slaastad: I think what helps during the first visit is to let my patients say how they're feeling and what they are experiencing, without interjecting. Then I support them by providing evidence that shows they are not alone. They learn that this is an actual medical problem, and that seems to help them a lot.



For more information on pelvic floor therapy, visit ibji.com/pelvicfloor.

MOVE BETTER FALL 2021 15



YOUR COMMUNITY **CH** IBJI

Successful IBJI Fundraiser Raises Over \$40K for Glenkirk

Despite extremely hot and humid weather conditions, the IBJI CARES Foundation 2nd Annual Charity Golf Outing and Silent Auction Fundraiser was a huge success with nearly 125 attendees, including IBJI physicians, physical therapists, medical and office employees, patients, friends and family members.

Held at the Chevy Chase Country Club in Wheeling on Saturday, August 28, the event included lunch and beverages, 18 holes of golf and a silent auction featuring a number of sought-after items.

The event benefited Glenkirk, a Northbrook-based organization that empowers individuals with intellectual disabilities by providing residential and employment supports, respite care, medical care coordination, therapies, and more.

"We provide community-based supports at over 20 homes throughout the north and northwest suburbs," says Kim Berenberg, CEO at Glenkirk. "Our goal is for individuals with intellectual and developmental disabilities to participate fully in all areas of community life."

Caring Is Our Mission

Caring for the community is the mission of the IBJI CARES Foundation. In 2019, IBJI CARES donated \$25,000 to Glenkirk, which was used to expand technology for all of its group homes, according to Berenberg. "We have appreciated this ongoing support," she said.

Assistant Director of Rehab Mike Losch, one of the event coordinators, said the golf outing is IBJI's most unifying event of the year.

"This is one of the best things we do in terms of bringing everyone together on one day," Losch said, jokingly adding, "I don't know how we picked the hottest day of the year."

The silent auction featured signed sports memorabilia and vacation, entertainment, sports, dining, and photography packages, bringing in over \$8,000. A little more than \$40,000 was raised for Glenkirk, which will help

the organization to continue its important work.

"IBJI as a whole wants to make a difference in our community and make sure the places we work and live are taken care of, not just as healthcare providers but as human beings," said IBJI CARES Chairperson Vanessa Yee, a physical therapist in the Gurnee office. "It's important for us to partner with organizations that can make a difference for people."

While raising community awareness and money for Glenkirk, the participants had a lot of fun, staying cool with ice-cold towels and beverages distributed throughout the day by volunteers.

Results

The longest drive award was given to Matt White and Megan Lundren-Buck. Jerry Zemela and Laura Austwick won for longest putt, and the winning foursome was Joel Hawkins, Dave Becker, Pete Becker, and John Mizia with a score of 61.

"We want to thank all of the doctors and participants who came out in the stifling heat to support IBJI and Glenkirk," Yee said. "I think it went really well."

Applications for organizations who want to partner with IBJI in the 2022 IBJI CARES Golf Outing fundraiser open this month and will continue through October. A decision will be made by the end of the year, Yee said.

"Our first partner in 2019 was New Life Shelter, and Glenkirk was our partner in 2020 and 2021 due to the pandemic," Yee explained. "Next year, we'll have a different partner, and we're planning on another golf outing, date to be determined."





MOVE BETTER

FALL 2021 15

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.

IBJI Joliet Physical & Occupational Therapy

"Amy Billo and Anna Vogel are hands down AMAZING! They care, they are professional, they make you feel like family, and you actually enjoy going to PT knowing you get to see them and are healing at the same time! I would recommend them to anyone and everyone! Having an experience at another facility I had no idea what true care was until I came here. Thank you for helping me to be me again! Thank you for your care and love of what you do! I am forever grateful!!!!"

Sarah

IBJI Des Plaines Physical & Occupational Therapy

"I'm very fortunate to have this IJBI of Des Plaines close to where I live. It's a 4-minute drive from my house. Here, the people are so compassionate and always willing to go an extra mile. I've been here before so whenever I need their help/care I know I'll recover well and bounce back to my normal. God bless their staff. All of them from the front desk help to the professional therapists to the helpers inside. They are all so professional in their work. I'll not only do I give them 5 stars, they can have the moon."

Nasreen

Christian Skjong, MD

"I had a great visit to Ortho Access this morning instead of going to the ER. I didn't wait a long time at all! I saw Dr. Skjong after X-rays. I have broken toes, and he put me in a boot so I will heal in time for my daughter's wedding in one month. He was nice, explained everything well, and gave me great options. I quickly got fitted for the boot in the physical therapy section and was on my way. Once again, IJBI shows why they are completely awesome!"

Julie

Dr. Jason Shrouder-Henry

"Dr. Shrouder-Henry is amazing!!! I was dealing with some severe mother's thumb and he eased all of my anxiety and not to mention he eased all of my pain. Very family oriented doctor and very caring about my overall health. Josie and his nursing staff as well as his admin office staff are so friendly and polite. I highly recommend him to anyone needing an Orthopaedics doctor/surgeon."

Saki

Michael Chiu, MD

"I highly recommend Dr. Chiu. I was pain free immediately after surgery and have had an amazing recovery. I've completed 7 marathons since surgery 6 months ago. Great bedside manner and extremely knowledgeable especially in regards to sports medicine!"

Mary

IBJI Libertyville Doctors' Office

"Have been using IJBI for years! Staff is fantastic. Always ready to help. The doctors are amazing! Very knowledgeable, understanding, straightforward, positive and experts in their fields. I would recommend them to everyone."

Anita

IBJI Crystal Lake Doctors' Office

"My experience with IJBI Crystal Lake was wonderful! Dr. Panchal is phenomenal and I have nothing but good things to say about her. She was very "real" with me, but also was able to help calm my anxiety and concerns regarding my wrist injury. She truly helped save my ability to fully utilize my dominant hand through therapy and surgery. OT Haylie Rabilas is also wonderful! The front desk staff are very nice and personable, a joy to interact with. Overall, I highly recommend this office and the team for your orthopedic needs."

Brooke

Brian Weatherford, MD

"Doctor Weatherford is a wonderful doctor. In 2018 I got into a motorcycle accident and he performed 3 surgeries, practically saving my leg. Many other doctors said they would have given up and suggested an amputation, but not Dr. Brian Weatherford. A few days ago it has come time to remove the metal from my leg and the surgery went very well. All thanks to Doctor Weatherford and the fantastic team. Thank you."

Igor





How to Choose the Right Podiatrist

Because the feet are the root of your body and guide you through almost every daily motion, professional assistance is always needed to promote efficient movement.

Choosing the right podiatrist means trusting in a practice with the skills and expertise to help you with whatever comes your way.

At Illinois Bone & Joint Institute, our specialists provide a comprehensive range of treatments for foot and ankle conditions that go beyond podiatry. Our podiatrists are skilled in the latest innovations, to ensure accurate diagnosis and safe treatment. Visit ibji.com to learn more and find a podiatrist near you.

Conditions treated by podiatrists include:

- General foot pain
- Heel pain
- Ankle pain
- Blisters
- Corns & callus
- Arthritis
- Bunions
- Ingrown toenails
- Fractures (broken bones)
- Sprains

IBJI Podiatric Surgeons

Brian J. Burgess, DPM
Joliet, New Lenox

Douglas Diekevers, DPM
Chicago

Garo Emerzian, DPM
Des Plaines, Gurnee, Morton Grove

Timothy J. Friedrich, DPM
Bradley, Frankfort, Watseka

Carla Gamez, DPM
Buffalo Grove, Glenview, Wilmette

Paul L. Goodman, DPM, FACFAS, FAPWCA
Glenview, Highland Park, Wilmette

Scott Jacobsen, DPM
Lake Bluff, Libertyville, Lindenhurst

Steven Jasonowicz, DPM
Barrington, Crystal Lake, McHenry

Steven W. Miller, DPM
Elmhurst, Hinsdale, Western Springs

Bruce E. Noxon, DPM, FACFAS, FAPWCA
Glenview, Highland Park, Wilmette

Douglas Solway, DPM
Des Plaines, Morton Grove



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