

Move Better

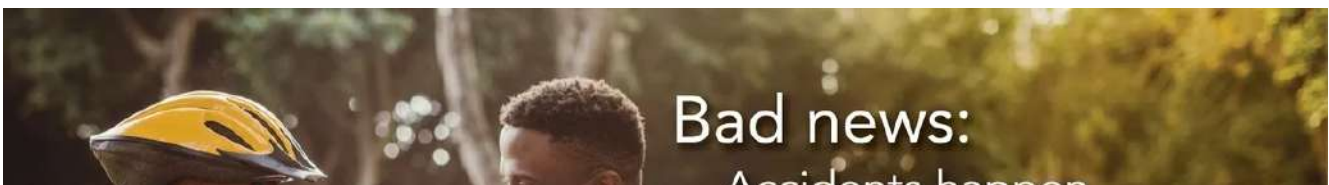
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Listen to your Body

Don't play through pain, whether from a new or lingering injury | PAGE 8

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ACUPUNCTURE 7
ORTHOHEALTH 10





Bad news:
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Good news:
The ER isn't your only option.

IBJI OrthoAccess® provides faster, more affordable, immediate orthopedic care than an ER.

For injuries that can't wait, but don't necessarily require a trip to the ER, IBJI OrthoAccess® provides faster, more affordable orthopedic immediate care. Staffed by highly trained orthopedic professionals, including board-certified orthopedic surgeons, OrthoAccess® is here for you with the high-quality immediate care you need.

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- Barrington
- Bourbonnais
- Chicago - Avondale
- Chicago - Norwood Park
- Frankfort
- Glenview
- Gurnee
- Hinsdale
- Joliet
- Libertyville
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Exceptional Quality You Can Trust.**

Find an OrthoAccess® location near you and view walk-in hours at [ibji.com](https://www.ibji.com)

While you will always be evaluated by an IBJI orthopedic provider, you may need to be referred to a subspecialist depending on the extent of your injury/condition.



Move



COVER STORY

Injury Assessment

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Move Better

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Ease Your Pain

Greetings, and welcome to the summer 2023 edition of *Move Better*. I hope everyone is enjoying the season, and staying safe and healthy while having fun in the sun.

This issue is focused on pain — more accurately, how to manage and treat it. We all experience aches and pains from time to time, be it from an injury sustained during an athletics competition or a misguided attempt to lift a heavy piece of furniture to the wear and tear from an occupation or life in general. The question is, how do we manage, alleviate and overcome pain in a healthy way?

IBJI has numerous resources that can help. Our Back to Life Walk-in Clinic in Glenview offers immediate, hands-on care for neck and back pain. The clinic utilizes customized, non-surgical treatment options to get you back to doing the things you want — and need — to do. Read more about Back to Life on page 3.

Joint pain is a common ailment that can greatly impact your daily comfort and quality of life. Finding relief for joint pain first requires a proper diagnosis, followed by creating an effective treatment plan. This can be accomplished via IBJI's pain management specialists, who will leave no stone unturned to find a remedy appropriate for you and your situation. Check out the story on page 4 for more about how we can help, and for information on common causes of joint pain.

This edition also covers acupuncture (page 7), injury screening (page 8) and OrthoHealth (page 10), the latter which offers personalized plans that can help you build healthy habits, lose those unwanted pounds and get you living your best life.

I hope you enjoy this edition of *Move Better* and find it to be a valuable resource when you are ready to seek a solution to what ails you. Enjoy your summer!

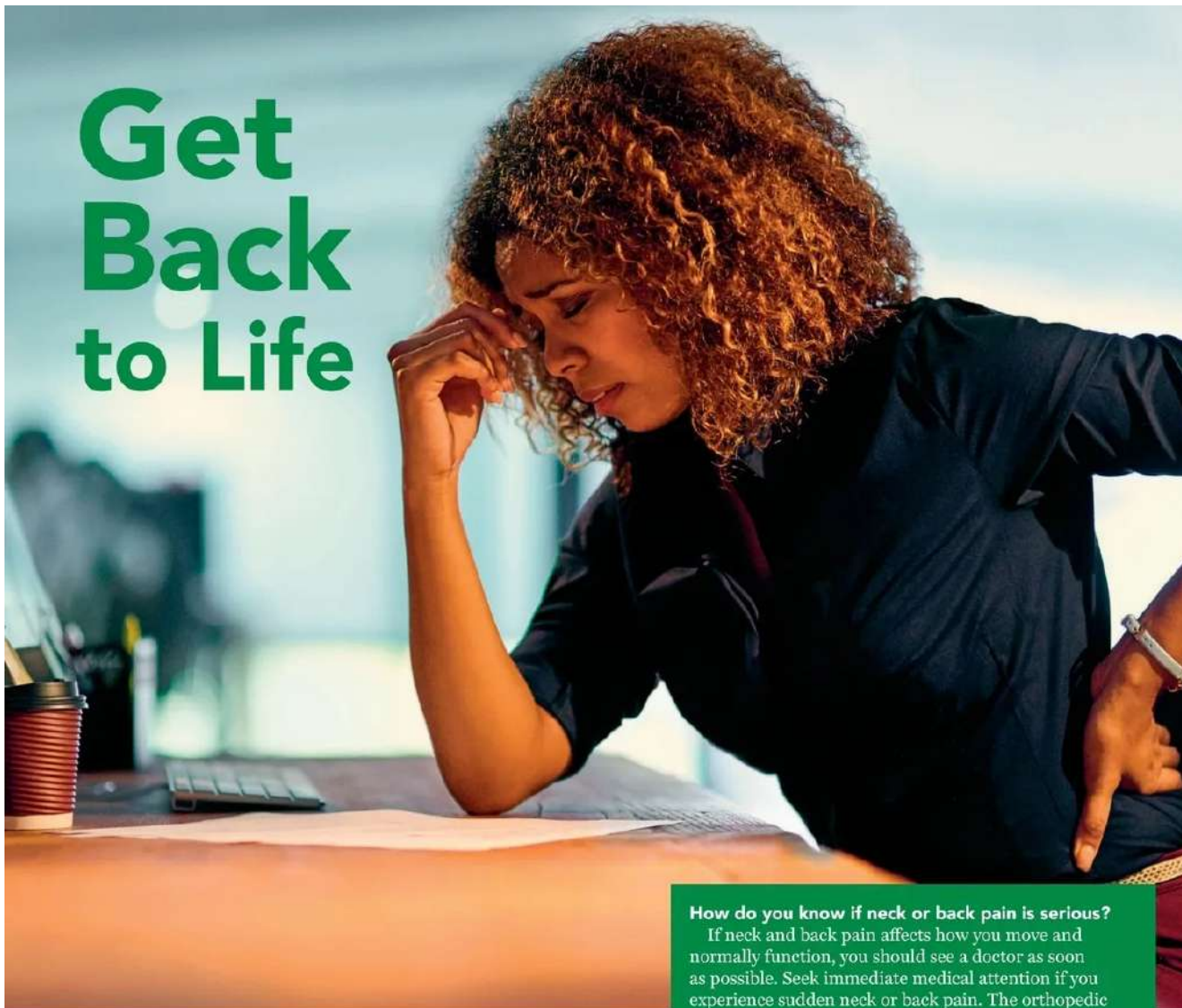
Darci Grum
Director of Marketing,
Illinois Bone & Joint Institute



DARCI GRUM
Director of Marketing

“The question is, how do we manage, alleviate and overcome pain in a healthy way? IBJI has numerous resources that can help.”





Get Back to Life

IBJI's Back to Life Walk-in Clinic provides hands-on care to relieve acute back and neck pain. The clinic takes a non-traditional approach to neck and back care, and offers a more efficient alternative to visiting a chiropractor or the emergency room.

The Back to Life Clinic is accessible through IBJI's Glenview OrthoAccess office, and offers immediate, high-quality, comprehensive treatments for every neck and back condition in a calm and friendly environment. Its team of spine physicians, pain management specialists and physical therapists utilize a full array of advanced, non-surgical treatment options.

From diagnosis to treatment to maintenance, the providers at Back to Life work with patients to design a customized care plan that fits their life, and there is no pressure to schedule multiple appointments. Treatment plans aim to restore mobility, reduce acute back and neck pain, build strength and improve overall quality of life.

For more information, call 847-832-6006.

How do you know if neck or back pain is serious?

If neck and back pain affects how you move and normally function, you should see a doctor as soon as possible. Seek immediate medical attention if you experience sudden neck or back pain. The orthopedic spine specialists at IBJI have experience with the conditions and injuries that cause serious or chronic neck and back pain, and will provide the care you need to heal.

At what point should you see a specialist?

See a physician if acute back or neck pain persists for more than three days or is severe. The IBJI specialists at the Back to Life Clinic can diagnose and treat acute neck and back conditions, and will work with you to develop a care plan that fits your lifestyle.

How do you know if back/neck pain is muscular in nature, or something else?

Acute back and neck pain will typically improve with rest if the cause is something minor, like a muscle spasm or charley horse. An experienced orthopedic specialist like those at the Back to Life Clinic can examine and diagnose the condition or injury causing your pain, and recommend the appropriate treatment plan.



No Time for the Pain

The proper treatment can alleviate many causes of pain without surgery or prescription drugs

By Rebecca Fortner

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Pain exists on a continuum and is different for each person and situation, but there are some universal guidelines that apply when it comes to pinpointing the source of that pain and finding effective treatment.

Treatment

- **REST.** Avoid activities that cause pain, swelling or discomfort, but don't avoid all physical activity.

Pain exists on a continuum and is different for each person and situation, but there are some universal guidelines that apply when it comes to pinpointing the source of that pain and finding effective treatment.

It starts with listening to your body, says Dr. Daniel Levin, an interventional pain management physician with the Illinois Bone & Joint Institute.

The primary cause of joint pain is typically wear and tear, which can cause inflammation and osteoarthritis, says Levin, who is board-certified in pain management and anesthesiology.

There is a genetic component as well, and lifestyle modifications can decrease the speed and magnitude of the degeneration. These habits include keeping off excess weight, stretching, exercising and eating well. A diet high in green leafy vegetables — such as the Mediterranean diet — may help reduce inflammation.

When seeking treatment for pain, options also exist on a continuum and vary from person to person. They can begin with physical or occupational therapy and anti-inflammatory medications, says Levin.

If pain persists and interferes with quality of life, targeted injections such as steroid or hyaluronic acid may provide relief. Other treatments may include targeted nerve blocks or radio-frequency ablation. Experimental treatments include platelet-rich plasma injections and stem cell injections, Levin says.

Surgery should be a last resort.

"I'm of the bent that we want to exhaust our conservative modalities before surgery," Levin says.

If a particular treatment can provide a patient with comfort for a protracted period of time, it is considered successful. However, when pain affects mood, relationships or quality of sleep, surgery may be an option.

"Pain is very subjective," Levin says. "Each individual has a different tolerance for pain and the impact it has on your lives."

When activity is tolerated by the body but pain is experienced, modifying the activity is a good first step. Choosing to be inactive can result in a "vicious downward spiral" and should not be an option, Levin says.

"Those who remain active have a much better prognosis," he adds.

Common Sources of Joint Pain

SPRAIN

A sprain is a stretching or tearing of ligaments, the tough bands of fibrous tissue that connect bones at joints. The most common location for a sprain is the ankle.

Sprains often occur in the following circumstances:

- **ANKLE.** Walking or exercising on an uneven surface, or landing awkwardly from a jump.
- **KNEE.** Pivoting during an athletic activity.
- **WRIST.** Landing on an outstretched hand during a fall.
- **THUMB.** Skiing injury or overextension when playing racquet sports, such as tennis.

Symptoms

- Pain
- Swelling
- Bruising
- Limited mobility
- Hearing or feeling a "pop" in the joint at the time of injury

Treatment

- **REST.** Avoid activities that cause pain, swelling or discomfort, but don't avoid all physical activity.
- **ICE.** Immediately apply ice to the affected area, even if the plan is to see a doctor. Use an ice pack or slush bath of ice and water for 15 to 20 minutes and repeat every two to three hours for the first few days after the injury.
- **COMPRESSION.** To help stop swelling, compress the area with an elastic bandage until the swelling stops. Avoid wrapping it too tightly, which can hinder circulation. Begin wrapping at the end farthest from the heart. Loosen the wrap if the pain increases, the area becomes numb or swelling is occurring below the wrapped area.
- **ELEVATION.** Elevate the injured area above heart level, especially at night. This allows gravity to help reduce swelling.

Over-the-counter pain medications such as ibuprofen and acetaminophen can be helpful. After the first two days, gently begin to use the injured area. Severe sprains sometimes require surgery to repair torn ligaments. A physical therapist can help maximize stability and strength of the injured joint or limb. A doctor may suggest immobilizing the area with a brace or splint.

When to see a doctor

- Can't move or bear weight on the affected joint.
- Pain directly over the bones of an injured joint.
- Numbness in any part of the injured area.

Prevention

Regular stretching and strengthening exercises specific to a sport, fitness or work activity or as part of an overall physical conditioning program. Be "in shape" to play a sport, rather than playing to get in shape. Regular conditioning can help prevent injuries in people with physically demanding occupations.

TENDINITIS

Tendinitis is inflammation of a tendon, the thick fibrous cord that attaches muscle to bone. It can affect any tendon but is most common around shoulders, elbows, wrists, knees and heels.

Tendinitis can be caused by a sudden injury, but repetitive movements are more likely the cause. Most people who develop tendinitis have jobs or hobbies that involve motions they repeat, which puts stress on tendons.

The following can increase the risk of tendinitis:

- Sudden increase in amount or difficulty of training.
- Poor equipment, such as old shoes.
- Hard surfaces, such as concrete or gym floors.
- Poor posture or body movements.

Common types of tendinitis are Achilles tendinitis, golfer's elbow, patellar tendinitis and tennis elbow.

Symptoms

- Pain, especially when moving the hurt limb or joint
- Tenderness
- Mild swelling

Treatment

Most cases of tendinitis respond to self-care, including rest, ice and over-the-counter pain-relievers. Full recovery can take several months. Long-lasting tendon inflammation can cause a tendon to tear, which can require surgery.

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Physical therapy exercises can help strengthen the muscle and tendon. Eccentric strengthening, which emphasizes

KNEE PAIN

Knee pain is a common complaint that affects people of all ages. Knee pain may be the result of an injury, such as a ruptured

Continued from previous page

Physical therapy exercises can help strengthen the muscle and tendon. Eccentric strengthening, which emphasizes contraction of a muscle while it's lengthening, is an effective treatment for many chronic tendon conditions.

When to see a doctor

If symptoms don't lessen after a few days or if they interfere with daily activities.

Prevention

- Avoid activities that place too much stress on tendons, especially for long periods. If exercise causes pain, stop.
- If one exercise or activity causes pain, try something else. Cross-training can mix high-impact exercise such as running with lower-impact exercise such as biking or swimming.
- Stretch before and after exercise.
- Move right in the workplace. Position chairs, keyboards and desktops correctly based on height, arm length and tasks.
- Strengthening muscles used in your activity or sport can help them bear the load better.

OSTEOARTHRITIS

The most common form of arthritis affects millions of people worldwide. It occurs when the protective cartilage that cushions the ends of the bones wears down or is damaged. If the cartilage wears down completely, bone will rub on bone. Osteoarthritis can damage any joint but most commonly the hands, knees, hips and spine.

Joint injuries, such as those that occur when playing sports or from an accident, can contribute to the development of osteoarthritis. Even injuries that occurred many years ago and seemingly healed can increase the risk.

Symptoms

Osteoarthritis symptoms can usually be managed, although the damage to joints can't be reversed. Staying active, maintaining a healthy weight and receiving certain treatments can slow progression of the disease, and help reduce pain and improve joint function.

- Pain during or after movement.
- Stiffness that is most noticeable after waking or inactivity.
- Tenderness when applying light pressure to or near it.
- Loss of flexibility and full range of motion.
- Grating sensation, popping and crackling when the joint is used.
- Bone spurs — extra bits of bone, which feel like hard lumps, that can form around the affected joint.
- Swelling caused by soft tissue inflammation around the joint.

When to see a doctor

If joint pain or stiffness don't abate.

Prevention

LOSE WEIGHT. Carrying extra body weight contributes to osteoarthritis in several ways — and the more weight, the greater the risk. Also, fat tissue produces proteins that can cause harmful inflammation in and around joints.

EAT BETTER. Certain metabolic diseases such as Type 2 diabetes and hemochromatosis, a condition in which the body has too much iron, can contribute to the development of osteoarthritis.

KNEE PAIN

Knee pain is a common complaint that affects people of all ages. Knee pain may be the result of an injury, such as a ruptured ligament or torn cartilage. Medical conditions including arthritis, gout and infections can also cause knee pain.

A knee injury can affect any of the ligaments, tendons or fluid-filled sacs (bursae) that surround the knee joint as well as the bones, cartilage and ligaments that form the joint itself. Common knee injuries include:

- **ACL INJURY.** Particularly common in people who play basketball, soccer or other sports that require sudden changes in direction.
- **BONE FRACTURE.** The bones of the knee, including the kneecap (patella), can be broken during falls or auto accidents.
- **TORN MENISCUS.** The tough, rubbery cartilage that acts as a shock absorber between the tibia and femur can be torn by a sudden twist of the knee while bearing weight on it.
- **BURSITIS.** Inflammation in the bursae, which cushion the outside of the knee joint, allowing tendons and ligaments to glide smoothly over the joint.
- **PATELLAR TENDINITIS.** Runners, skiers, cyclists and athletes involved in jumping sports and activities may develop patellar tendinitis.

Symptoms

- Swelling and stiffness
- Redness and warmth to the touch
- Weakness or instability
- Popping or crunching noises
- Inability to fully straighten the knee

Treatment

Many types of minor knee pain respond well to self-care. Physical therapy and knee braces can help relieve pain. In some cases, a knee may require surgical repair.

When to see a doctor

- Can't bear weight on your knee or feel as if your knee is unstable or gives out
- Have marked knee swelling.
- Inability to fully extend or flex the knee.
- See an obvious deformity in the leg or knee.
- Have a fever, in addition to redness, pain and swelling.
- Have severe knee pain that is associated with an injury.

Prevention

It's not always possible to prevent knee pain, but the following may help ward off injuries and joint deterioration:

- Maintaining a healthy weight. Extra pounds put additional strain on joints, increasing the risk of injuries and osteoarthritis.
- Condition muscles for the demands of sports, and stretching to increase and maintain flexibility.
- Ensure the technique and movement patterns used in a sport or activity are the best they can be.
- Weak muscles are a leading cause of knee injuries. Building up your quadriceps and hamstrings helps better help support the knees. Balance and stability training help the muscles around the knees work together more effectively.
- Consider switching to swimming, water aerobics or other low-impact activities.

Getting to the Root

Acupuncture is an ancient practice that aims for long-term pain relief

By Rebecca Fortner



Acupuncture began approximately 3,000 years ago and continues today, growing as a practice that can help address pain, chronic conditions and other health problems.

"It's been growing for years," says Ellen Winick, director of Integrative Health at the Illinois Bone & Joint Institute. "It's becoming a little more mainstream acceptable. There's more research to validate what they're doing. It's great that there is more evidence to back that up."

Winick says that due to that research, insurance companies — including Medicare — are covering acupuncture treatment for specific conditions, including chronic low back pain and arthritis.

"There are so many patients who come to us with pain," she says, noting that each situation is unique. "It's often chronic. We're seeing patients who have had these issues for a long time."

In general, acupuncture involves the use of fine needles, which are inserted through the skin at strategic points in the body. The goal is long-term relief by addressing the root cause of pain, explains Winick, who adds there can be different approaches to the practice.

"It's really a different approach," she says. "Acupuncture will get to what's underneath it that's causing it."

IBJI recently increased its practice from two acupuncturists to three. Lijana Shestopal, a sports medicine acupuncture specialist, joined IBJI in June. She started her education in a pre-med track but found her place in Eastern medicine.

"I noticed Western medicine is great at trauma, but when it

came to pain relief, it's very limited," says Shestopal, who has been practicing acupuncture since 2018 and is also a board-certified herbalist.

Shestopal likens treating injuries with pain relievers such as ibuprofen and acetaminophen to putting tape on your car's check engine light.

"The issue is still there. You're just shooting the messenger," she says.

The fine needles used in acupuncture release the body's natural opioids, Shestopal explains, which help the healing process.

"As the pain reduces, blood flow starts going in that area again, and that's what heals," she says. "That is the very major mechanism of acupuncture."

Shestopal stresses that acupuncture is not a one-time cure, but a therapy that takes commitment.

"It is a therapy that needs to be done regularly in order for you to get real relief," she says.

Another misconception may be regarding the pain felt in acupuncture. Shestopal says the needles may cause pain when inserted, but it is brief.

"As soon as the needles get through the skin, you don't feel it anymore," she says.

Shestopal says joining IBJI allows her to be in an environment where there are different modalities used to treat patients, depending on their needs.

"I like the whole encompassing model of full care," she says.

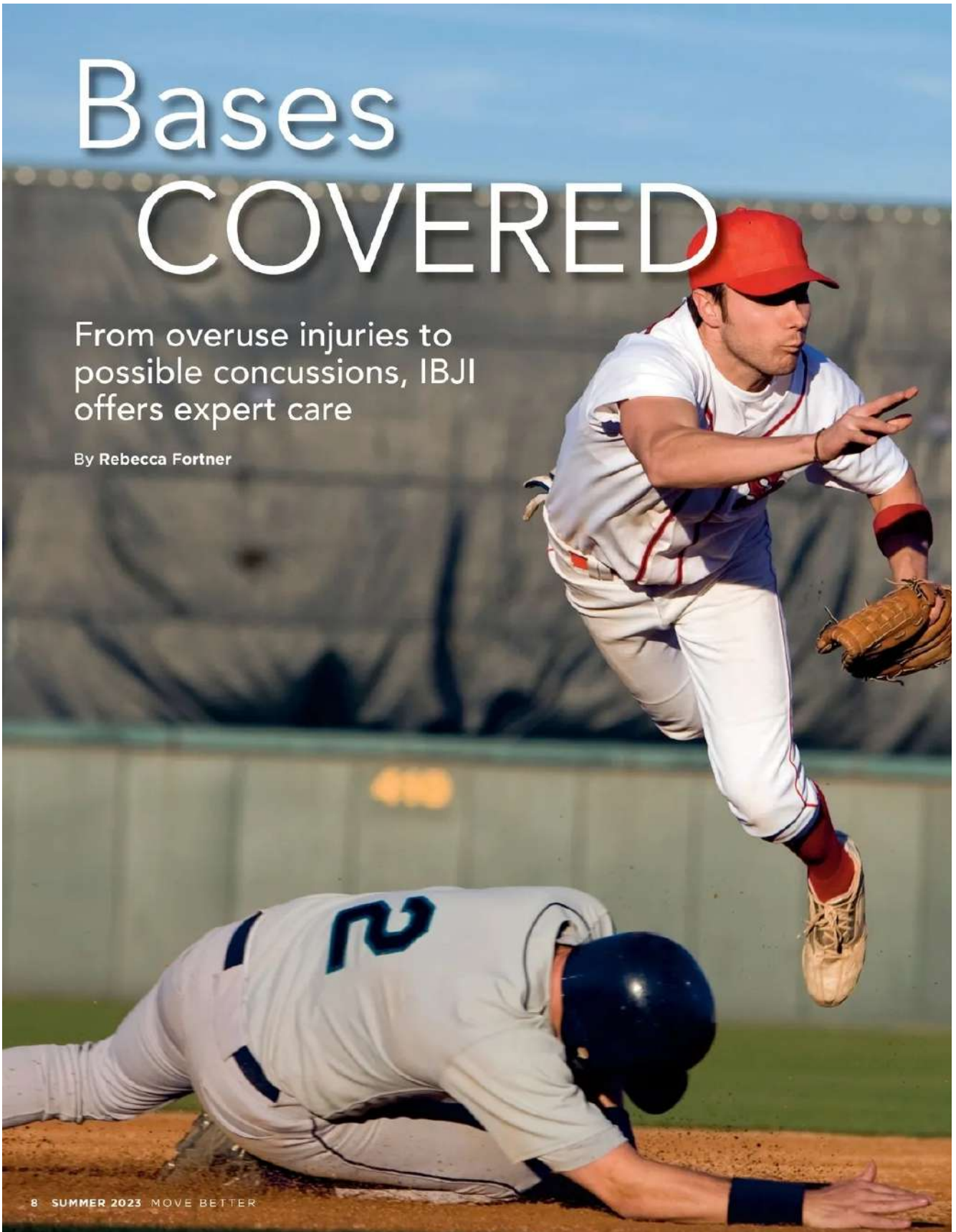
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Bases

Bases COVERED

From overuse injuries to possible concussions, IBJI offers expert care

By Rebecca Fortner



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Playing through pain shouldn't be an option, whether an injury is immediate and severe or a lingering ache. Illinois Bone & Joint Institute has a specialist to help, no matter the situation or urgency. And by downloading the IBJI Sports Access app, patients can keep all options at their fingertips.

Overuse Injury

A consultation with an orthopedic sports medicine specialist should be sought for potential injury due to repetitive use. Pre-teens and young adults experiencing growth spurts are more prone to these types of injuries, which occur when joints, tendons and muscles are overused, often through athletic activities.

Overuse injuries to the knee, for example, are associated with playing sports like basketball, football, soccer, hockey, track and field and volleyball. Injuries to the arm, elbow and shoulder are often associated with baseball, gymnastics, lacrosse and rowing, among other sports.

Signs and symptoms of this type of injury in a young athlete vary depending on the area affected — whether that be the elbow, hip, shoulder, ankle, knee, wrist or heel — and may include:

- Stiffness
- Swelling
- Tenderness
- Discomfort
- Loss of motion or limited mobility

Tips to prevent overuse injuries include getting a pre-season exam, always stretching before and after activities, using proper techniques and form as well as proper equipment, and participating in various sports or cross-training to use a variety of muscles.

In addition to overuse injuries, IBJI offers care options for injuries needing immediate assessment, free injury screenings and concussion evaluations and management.

Immediate Care

If an injury needs to be assessed immediately, same day, walk-in care is available at OrthoAccess Immediate Care, located at 13 IBJI locations. Patients can see a certified orthopedic specialist without an appointment.

Injury Screenings

IBJI also offers free injury screenings at all of its more than 30 locations. Licensed therapy specialists and certified athletic trainers will examine and explain the extent of the injury and provide information on appropriate treatment.

Concussions

Head and possible brain injuries such as concussions should always be evaluated by specialists trained to diagnose and manage such injuries. The IBJI Sports Neurology team provides comprehensive concussion management. This includes complimentary ImPact baseline testing as well as post-injury evaluation, diagnosis, rehab and return-to-play clearance.





Living Your Best Life

OrthoHealth is about more than weight loss

By Michael Gilbert



Dr. Inbar Kirson offers a potential solution

for anyone feeling like they aren't living their best life. "If you don't believe you are living life to the fullest or the way you want to live life, then visit us," says Kirson, the director of the Illinois Bone & Joint Institute's OrthoHealth program. "The crux of what we do at OrthoHealth is improve your health."

OrthoHealth does this through a unique wellness and weight management program tailored to the specific needs of each person.

"Every person's body and how they metabolize food is completely unique to them," Kirson says. "Our team at OrthoHealth identifies what food your body needs to eat to be at its healthiest, because losing weight is much more than eating less and moving more."

Customized Wellness

During a visit to OrthoHealth, patients meet with a doctor, dietitian, physical therapist and health coach to create a personalized plan. The OrthoHealth team evaluates body composition and vitals, performs a sleep assessment and completes metabolic and nutrient testing.

"I tell my patients that if I eat a piece of chocolate cake and you eat a piece of chocolate cake, the way our bodies metabolize that cake is way different, so we have an extensive questionnaire that goes through everything from your medical and surgical history to who does the grocery shopping, who cooks, what foods you like to eat and what upsets your stomach," Kirson says. "We help you create a diet that is sustainable and reasonable for the long term, so you understand the parameters for which you need to eat in order to maintain your muscle mass, improve your metabolic health and move and perform better."



Drop extra weight before surgery

Excess weight can make surgery more challenging because it increases the risk of potentially serious or even fatal side effects and complications. The OrthoHealth team can customize a weight-loss plan for people who will be undergoing surgery.

"Almost every surgical procedure benefits from even modest weight loss, because any time you are obese, you are at greater risk of surgical complications," says Dr. Inbar Kirson. "Obesity may present problems with anesthesia and medicines because you have more body volume."

"Surgeons and anesthesiologists both prefer the patient lose some weight prior to surgery."

Visit ibji.com/services/orthohealth for more information about OrthoHealth or to request an appointment.



the body expects sleep at certain times. While some people can handle shifts in sleep times just fine, those struggling with insomnia or other sleep disorders often fall



Pillars of Wellness

Diet, exercise and sleep help form the core principles of healthy living

By Community Health Staff

Americans spend billions of dollars every year to manage health conditions such as heart disease, COPD and Type 2 diabetes with pills and treatments, when it would be easier and less costly to prevent those disease from taking hold.

That's not to say "lifestyle management" is always simple, but it would be difficult to find a person stricken with a chronic illness or debilitating condition who doesn't wish they had taken better care of themselves.

Among the principles that form the foundation of healthy living and preventive care are diet, exercise, sleep and stress management. Here are a few tips that can help build better habits and establish these pillars of wellness.

Diet

When it comes to eating healthy, health professionals do not recommend fad dieting or food deprivation. Rather, what are needed are long-term changes people can slowly incorporate into their lives. The "right" foods can differ depending on one's goals but, in general, taking in fewer calories than one is burning will further weight-loss goals.

To avoid other health issues, avoiding sugar and simple, processed carbohydrates are of crucial importance.

Exercise

When it comes to general exercise — i.e., that which is aimed at keeping oneself healthy, rather than a particular goal such as bodybuilding — there are three major

components people should try to get daily.

A good place to start is finding a place to walk, even if it just 10 or 15 minutes a day. Walking is among the most basic exercises but is an aerobic activity that strengthens the heart and lungs.

Strength and resistance training strengthen muscles and bones, and can increase metabolism.

The final component is flexibility and balance, which can be attained through stretching, yoga and other low-impact, mindful activities such as tai chi.

Sleep

This is among the most overlooked and taken-for-granted aspects of health, and American culture — in which a degree of honor is often placed on getting little sleep — has fed into the epidemic of sleep deprivation.

On average, the vast majority of people require between 7 and 9 hours of sleep. Essentially, pretty much anyone who regularly gets fewer than 7 hours of sleep a night is chronically sleep-deprived.

Motivation, including that needed to perform a job or exercise, greatly depend upon sleep. Lack of sleep may lead to unhealthy eating habits because people who are sleep-deprived are more likely to rely on simple carbohydrates or stimulants for energy. The failure to get adequate sleep can also wreak havoc on the immune system, and negatively impact mental health and personal relationships.

Maintaining a sleep schedule helps people direct their circadian rhythm. Then,

the body expects sleep at certain times. While some people can handle shifts in sleep times just fine, those struggling with insomnia or other sleep disorders often fall back on cognitive behavioral therapy and better schedules and achieve better sleep quality.

If your body expects to be dropping off to sleep at 10:30 or 11 p.m., strive for that. There is a value in a stable and regular sleep schedule. Recognize if going to sleep early and waking up early, for instance, elicits the best results and try to steer into those curves.

Stress Management

Stress management and emotional health are significant and under-addressed in American health care; and stress can affect the other pillars of health.

Addressing stress can be tougher than it sounds when it is attached to everyday activities such as work, relationships and other factors that are inseparable from people's day-to-day lives. Identifying stress and talking through it can be a first step, then comes considering what can be changed and formulating a plan to do so.

When it comes to factors a person cannot change, the only thing they can do is alter their responses to stress.

Medical care often focuses on "what's the matter with you?" but the better question may be "what matters to you?" That can provide a different way to address stress. They can step back and ask themselves about their goals, then think about what steps it takes to get there.

Takeaways

Good habits formed early for a lifetime of healthy living are best, but it is never too late to have that "aha" moment — be it recognizing how the body reacts to stresses, or how one gets better sleep after cutting sugars — to get in touch with one's body and start living better. Any time is better than never making a change.

Health professionals recommend starting with one thing and trying to grow it from there. Walking with a friend, for instance, may motivate a person to meet more with friends in general.

It's all related and it's never too late, and it's important for people to recognize that living a healthy life is attainable for everyone. The biggest challenge is that the world of medicine has not put in the time, energy and effort required to change the way people look at their relationships to food, stress and environment. Doing so can reduce the financial costs, the loss of healthy years and more.

IBJI OrthoInform[®] PODCAST



Where we talk all things ortho to help you move better and live better.

Our latest episode:

Episode 20. **Pediatric Sports Injuries**

Past episodes:

- Episode 1. **Total Hip Replacement**
- Episode 2. **Achilles Tendon Repair Surgery**
- Episode 3. **Rotator Cuff Repair**
- Episode 4. **Autoimmune Disease**
- Episode 5. **ACL Injuries and Surgery**
- Episode 6. **Carpal Tunnel Syndrome**



- Episode 7. **Bunions**
- Episode 8. **Total Knee Replacement**
- Episode 9. **Shoulder Replacement**
- Episode 10. **Spinal Fusion Surgery**
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