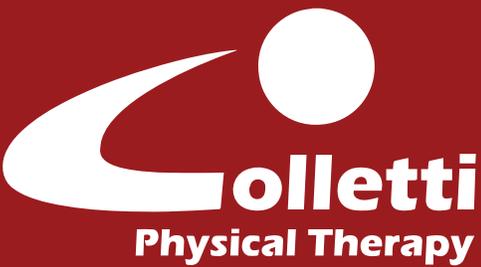




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 543 Orchard Street • Antioch, IL 60002

 847.395.6100

 847.395.6162

 info@collettipt.com

 www.CollettiPT.com



**YOGA POSES FOR DAILY
STRETCHES**

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**MINDFUL
MEDITATION**

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NOVEMBER 2019

Really, does anyone like change?

Heck, I've lived in the same house for 20+ years, I've kept the same job, and...I've had the same husband. Ha! Ha! Those are all awesome things. But really, does anyone like change? I guarantee you, most of you are nodding your head no. No one likes change. Why? Because it is a momentary loss of control. A momentary realization that...you don't know what is next. But, yet, the world revolves around and around, always changing, always evolving. When things stop changing or evolving, they die. They cease to grow.



It's only after you've stepped outside your comfort zone that you begin to change, grow, and transform.

– Roy T. Bennett

I have had to adapt to a lot of change over the past few years. I went from being a part time PT to a business owner. I went from being a dance mom to a dance teacher. I went from making decisions and closely watching my young children to letting go and letting them flourish as young adults. These were all hard changes but lead to new chapters in my life that were new and exciting. Don't be afraid of change. Embrace it. Get outside your comfort zone and see what new experiences await you. Every day is a new day! Enjoy!

Jan Fremgen

Client Stories



ALANA ANDERSON | *My Story*

Lumbar laminectomy and fusion for spinal stenosis and scoliosis 2/7/19. When I first came to PT I was stiff, and could not walk more than 20ft, poor muscle tone and balance. Now I can walk around a long block without pain, tolerate working as a nurse and do most household and gardening chores. Balance still needs some work as do gluteal, abdominal and hip muscles.

The staff at Colletti is excellent—hands on and I had the same therapist for 90% of my visits. They were encouraging and firm but aware of my other limitations.



CHERYL BURGUYNE | *My Story*

When I walked in here early April my neck pain was more than I could handle. After trying other options therapy is what helped. Colletti really worked hard with me and I thank them for all they did. As the years go by I am sure I will be back to Colletti.



PETER PANAGAKIS | *My Story*

When I started coming to Colletti PT I was unable to perform any basic movements with my right arm. Josiah took it easy to start so I could gain confidence and trust in PT & him. I thought he was very professional & managed the process with small steps to achieve progress. I can't express how thankful I am of Josiah & Colletti. I walk out of here with confidence & excitement concerning my abilities with my shoulder. I'm a very lucky man!

Cinnamon APPLE CRISP

Perfect for fall days

INGREDIENTS

8 cups sliced apples
1 cup sugar
2 tbsp flour
2 tbsp water
Cinnamon
Nutmeg

Topping

1-1/2 cup oatmeal
1 tsp cinnamon
1-1/3 cup brown sugar
1 cup flour
1/4 tsp nutmeg

DIRECTIONS

- Preheat oven to 350° F. Butter a 9x9 baking dish.
- In a mixing bowl whisk together sugar, flour and water.
- Toss apples into mixture and combine until apples are coated. Pour into baking dish and lightly sprinkle with cinnamon and nutmeg.
- Make topping by mixing ingredients with hands until crumbly. Sprinkle over apples.
- Bake at 350° F for approximately 45 minutes or until top is golden brown and apples are tender.
- Let cool slightly before serving



YOGA POSES FOR DAILY STRETCHES

Stretching keeps the muscles flexible, strong, and healthy. We need that flexibility to maintain a range of motion in the joints.



Child's Pose

- Begin on your hands and knees
- Drop bottom towards feet widening knees for your body to settle downward with arms reaching forward and relaxed.
- Hold for 1-2 minutes



Standing Forward Bend

- Engage your quads and avoid locking your knees as you let your head hang down
- Lengthens hamstrings and calves and is considered a stress leaving pose



Cat-Cow

- Hands and knees with hands under shoulder and knees under hips with tops of feet resting on floor.
- Take a deep breath in dropping spine (extending) and looking up pulling shoulder blades down.
- Then breath out while you flex spine looking at your looking at your navel
- Repeat 10 times

MINDFUL MEDITATION

The practice of Mindful Meditation allows us to pay attention to our thoughts and feelings without judgement—sensing our present moment rather than replaying the past or imagining the future. This allows us to not be overly reactive or overwhelmed by what is going on around us.

Here are some quick steps to get you started.

1. Find a good spot that is quiet, uncluttered and has some light (natural or otherwise)
2. Plan of starting with 5 to 10 minutes with the goal of increasing the time as you go. Set a timer so you don't obsess about how much time has passed.
3. Sit comfortably with your feet touching the floor (if you are in a chair) or crossed if on floor or a cushion. Let your arms fall naturally parallel to your upper body with your hands resting on the top of your legs. Sit up straight, but not stiff.
4. Close your eyes and relax. Focus on your breathing—the air moving through your nose or mouth, or the rising and falling of your belly or chest.
5. If you mind wanders, don't worry. Wait a few seconds and refocus on your breathing.
6. When your time is up, slowly open your eyes and make note of how your body feels, your thoughts and emotions.

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