



# Grayslake Rehabilitation, Physical Therapy & Wellness

*The physical therapy team and staff of Grayslake Rehabilitation are dedicated to providing exceptional patient care ensuring optimal wellness in patients*

Robin K. Erker, PT, is founder of Grayslake Rehabilitation, Physical Therapy & Wellness.

**T**he staff of Grayslake Rehabilitation, Physical Therapy & Wellness, Grayslake, Ill, embraces the ideal “Move Forward, Physical Therapy Brings Motion to Life.” The physical therapists of this Lake County facility are experienced and dedicated to their craft, and aim to improve a patient’s quality of life by helping them move freely and prevent future injury. The Grayslake Rehabilitation team works together in all aspects of the clinic, which makes the staff strong and the service unsurpassed.

The mission of Grayslake Rehabilitation is to provide quality, compassionate care with a licensed practitioner who offers one-on-one therapy. The physical therapists of Grayslake Rehab receive specialized education in a variety of sciences, such as kinesiology and physics, and wholly understand how the human body works and how to restore and improve motion to get clients moving again. The individualized therapy is then supported by the knowledgeable and highly trained staff.

## AN EXCEPTIONAL STAFF

From the first contact to the time treatment is completed, patients are the number one priority, and Grayslake Rehabilitation strives to fulfill patient needs both in the present and future. The skilled and proficient staff each specializes in different areas and have unique qualifications, which allow them to offer expert care. Robin K. Erker, PT, owner of Grayslake, is a member of the American Physical Therapy Association (APTA) Orthopaedic section, Geriatric section, Aquatic section, and Private Practice section.

Erker specializes in Orthopaedics, Geriatrics, and Aquatics. She has also received a notable accreditation: the Young Women’s Christian Association (YWCA) award for “women of achievement” for the category of “entrepreneurship” in 2008.

Sheila Taylor, PT, has 17 years of clinical experience, which has helped her develop a comprehensive knowledge of physical

therapy. Taylor’s practice focuses on neuro and vestibular rehabilitation. Larry Stone, PT, brings a wealth of knowledge to Grayslake with more than 30 years’ experience as a physical therapist and is the director of wellness services. Stone specializes in sports medicine and orthopaedics, and is a strength and conditioning specialist. Other members of the physical therapy team include Kathy Szalinski, PTA, with more than 20 years of clinical experience, along with Becky Ryan, MPT, Mandy Ranck, PTA, and Dana Brewbaker, PTA.

As Grayslake Rehabilitation offers a total approach to wellness and patient care, balance classes are offered, which are led by Kristina Sromek. Sromek has a degree in kinesiology and is a wellness specialist along with Jenny Maiden, who holds a degree in exercise science. Maiden and Sromek conduct the classes at Grayslake Rehab. Massage is another wellness service offered at this facility, and Candy Howell is the resident massage therapist. The front staff members are also an important part of the Grayslake team, and Lorena Risinger, front office manager, Diana Michalek, Karen Horton, and Angie Fisher ensure the clinic functions and runs smoothly.

## COMMUNITY ACTION

Grayslake Rehabilitation takes great pride in not only providing exceptional physical therapy and wellness services, but also in its community involvement. Since the founding of the practice in 2005, the facility has been performing free exercise classes for the surrounding communities for balance and fall prevention. Grayslake conducts eight classes per week, which has become one of the highest-attended and well-liked classes in all of the facilities the team volunteers.

## EXTRAORDINARY SERVICES

Grayslake Rehabilitation offers several significant areas of physical therapy practice, including sports medicine, aquatics,



geriatrics, orthopaedics, and wellness. The Illinois-based facility offers a number of unique programs that make this facility exceptional. Grayslake offers a medically operated fitness center to help augment a patient's home exercise regimen and encourage independent care. This program also aims to encourage patient compliance and reduce visits for therapy. Group exercise classes are also offered, which is part of the practice's total wellness approach.

This rehabilitation center also offers personal training services, which are designed by physical therapists and are customized based on the client's past medical history and personal goals. Another outstanding program is the speed and agility program, and this program works with athletes and teams. The speed and agility program was developed by physical therapists to strength train in order to avoid the most common injuries prevalent among young athletes.

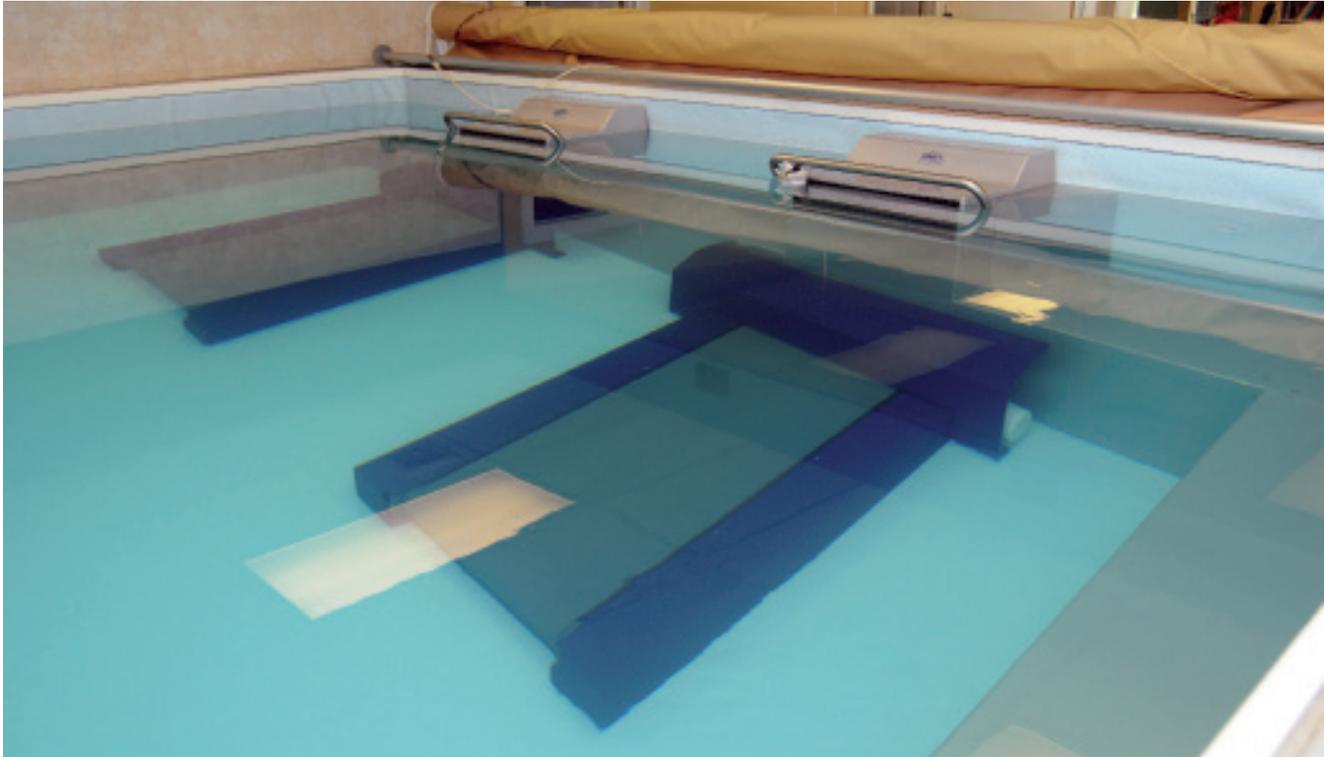
To aid in delivering complete patient care, the therapy team utilizes innovative equipment and technology. In addition to the facility offering both physical therapy and wellness services, Grayslake features an Endless Pool. The open end of the pool is used for different forms of aquatic therapy, exercise classes, and

training. In addition, there are two underwater treadmills with adjustable current levels that can be used to not only increase drag on the equipment but also to swim in place.

### A UNIQUE APPROACH TO CARE

To aid in the development of a personalized treatment plan, the physical therapists of Grayslake Rehabilitation examine a patient's medical history and conduct tests to measure things such as strength, balance, coordination, motor function, and posture. The therapist then creates a plan describing the treatment strategy as well as its anticipated outcome for a total, customized approach to healing and recovery.

Treatment for a physical therapy patient will frequently include exercise to increase flexibility, range of motion, strength, endurance, and balance, and the goal of such exercises is to improve how the patient functions outside of the clinic at work and at home. The therapy team also employs a number of other techniques and devices to restore function and relieve pain, including electrical stimulation, deep-tissue massage, and hot packs or cold compresses.



Assistive and adaptive devices, such as crutches, wheelchairs, and prostheses, may also be used when administering treatment. A therapist may often consult with other health care professionals, including physicians, social workers, educators, and nurses, in order to craft an appropriate and complete treatment plan for a patient.

Grayslake Rehabilitation also focuses on ongoing patient care. To reinforce this focus, a therapist will document a patient's continuing progress through periodic examinations and modify treatments, as necessary, to ensure a successful recovery. Overall, the physical therapists' care approach aims to preserve the health and welfare of patients not only in the present, but in the future as well.

## SPORTS THERAPY

The practice of sports medicine focuses largely on the prevention, diagnosis, and treatment of sports-related injuries. Grayslake Rehabilitation has developed and implemented a program to help athletes recover after an athletic injury, and the practice chiefly concentrates on prevention and treatment. Proper injury prevention for athletes is essential, and Grayslake Rehabilitation created an Injury Prevention Program to provide athletes with the necessary steps to prevent an injury.

Another component of sports medicine at Grayslake Rehabilitation is the treatment of athletic injuries. It is crucial to ensure an injury has fully healed before the athlete returns to play, and the injury rehabilitation administered by the staff of this practice includes: pain management, improving the affected joint's range of motion, and increasing the strength and tone of

muscles. Sports-specific training is also part of the rehabilitation process, as well as the introduction of weight-bearing exercises and strengthening.

The rehabilitation process also includes the maintenance of cardio-respiratory fitness. Evidence-based techniques are utilized to ensure a complete injury recovery. Overall, the therapy team is trained to successfully treat athletic injuries in order to ensure a complete recovery and enable the athlete to return to play and continue to compete in his or her sport.

## NEUROLOGICAL PHYSICAL THERAPY

Another area of physical therapy at Grayslake Rehabilitation is neurological physical therapy, a discipline focused on working with individuals who are affected by a neurological disorder or disease. These include conditions such as a brain injury, a spinal cord injury, multiple sclerosis, and vision and balance impairments. The therapy team focuses on the total body in order to develop a plan that enhances all functions.

## PRE- AND POSTNATAL PHYSICAL THERAPY

Grayslake Rehabilitation also offers physical therapy services for prenatal and postnatal mothers. The Grayslake therapy team offers specialized physical rehabilitation and preventative services, and the physical therapists treat common prenatal and postnatal problems, such as low back pain, hip and pelvic pain, and cramping. Common treatments administered for ailments include taping techniques for pain relief, soft-tissue mobilizations, and Pilates-style stabilization exercises.



In addition, postural education and training are given to postnatal mothers. This education shows new moms how to properly lift and carry their baby and the ideal nursing and carrying positions to minimize the risk of aggravating low back pain. The pre- and postnatal physical therapy services offered by Grayslake Rehab aim to ensure the health and wellness of new and expectant mothers.

### GERIATRIC PHYSICAL THERAPY

The therapy team of Grayslake Rehabilitation also offers geriatric physical therapy, which covers a wide range of issues concerning aging individuals. A number of medical conditions may affect people as they grow older, including arthritis, hip and joint replacements, balance disorders, and osteoporosis. The geriatric physical therapy services offered aim to treat patients affected by such conditions through a specialized program to help reduce pain and restore mobility, as well as increase fitness levels.

### OUTSTANDING AMENITIES: THE MEDICAL FITNESS CENTER

To ensure the optimum wellness of clients, Grayslake Rehabilitation, Physical Therapy & Wellness has a medically operated fitness center that is one of the clinic's best amenities. The fitness center has a number of exceptional features, including a gym with safe exercise equipment for a cardiovascular warm-up and workout in addition to other specialized equipment and accessories unique to this gym. Also, the fitness center has an exercise pool for enhanced exercise. To ensure the safety of patients and help gym-goers get an excellent workout, the medically operated fitness center also has physical therapists available to advise and assist.

Personal training is also available at the fitness center, as well as wellness classes for persons of all ages and levels of fitness.

This rehabilitation center's therapy team firmly believes in the restorative power of exercise and physical activity, which is why the Medical Fitness Center is valuable for the community. The Grayslake Rehabilitation Medical Fitness Center aims to provide an incomparable environment that provides for the unique physical therapy needs of its clients. For all individuals, leading a more physically active lifestyle and incorporating a fitness routine into daily life can help improve a person's quality of life as well as restore mobility and function.

The website of Grayslake notes the mantra, "Remember an object in motion stays in motion." As such, this facility's fitness center aims to make fitness fun and safe, and the Grayslake team seeks to motivate and encourage gym-goers in order to incite a passion for exercise.

### A DEDICATION TO WELLNESS

The physical therapy team and staff of Grayslake Rehabilitation, Physical Therapy & Wellness are resolutely dedicated to providing exceptional patient care and ensuring optimal wellness in patients. With a knowledgeable and experienced staff dedicated to their craft, the therapy teams works to "move patients forward" with a complete recovery and aid for injury prevention, as well as foster a distinctive approach to wellness for the future.

With a wide-ranging list of physical therapy services offered in the family-friendly environment of Grayslake Rehabilitation, this facility aims to provide treatment for the unique needs of those in need of therapy and rehabilitation, from athletes to expectant mothers to individuals coping with neurological disorders. The team understands the need for a customized treatment approach for each patient as each case is different. As such, the therapists strive to craft a tailored plan for each person for a total approach to recovery and wellness.

The therapy team and staff of Grayslake Rehabilitation seek to promote and encourage health, wellness, and well-being with compassion, comprehensive services, and quality care. ■

*Written in collaboration with the editors of Physical Therapy Products.*

*Grayslake*  
**REHABILITATION**  
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