

TRÜ

REHABILITATION & WELLNESS

'Be inspired, get results.'

Caring & Conservative Approach
to Acute and Chronic Pain



Our Focus Is On **Ü**



www.TRUchicago.com



Complete Rehabilitation and Physical Therapy For Your Entire Family

Our professional staff of Physical Therapists and Chiropractors, working with Physicians, treat your acute and chronic pain by putting you first.

Your rehabilitation and wellness program is assembled just for you - with your diagnosis, your lifestyle and your goals in mind.

We know your pain doesn't impact just you - it affects your entire family and your very livelihood. At TRU Rehab, we are committed to creating, providing and implementing a treatment plan that will achieve the quickest return to your normal life as possible.

Because we focus on **Ü**



Be Inspired, Get Results.

Comprehensive Services

Professional staff at TRU treat a wide variety of conditions that cause debilitating pain. By focusing on you and customizing your treatment plan, we achieve a rate of success that is unmatched.

Spinal Disorders

- acute/chronic herniated disk
- degenerative joint disease
- radiculopathy
- post-laminectomy syndrome
- degenerative disk disease
- spinal stenosis
- degenerative facet joints
- failed back surgery syndrome

Musculoskeletal Disorders

- arthritis/fibromyalgia
- joint replacements
- sprain, strains & fractures
- tendonitis/bursitis
- carpal tunnel syndrome
- myofascial pain syndrome

Sports Rehabilitation

Whether an amateur or professional, our staff understands you want to get back in the game as quickly - and safely - as possible.

- sports-related injuries
- sports medicine
- performance training
- sport-specific training
- preventative therapy
- acute pain therapy

Women's Health

Each stage of a women's life brings unique pain challenges. TRU puts a special focus on relieving pain during pregnancy and offers assistance in post natal recovery. We can relieve the pain of everyday activities while raising a family and pursuing a career and help relieve discomfort through the changes that life brings as you get older.

- back and leg pain relief
- headache relief
- sport injury treatment
- arthritis relief
- neuropathy relief

Fitness Classes

Relieve pain, increase flexibility and regain your shape and fitness level quickly.

- pregnancy and post natal exercise classes
- all-ages fitness classes
- senior fitness classes

"As a neurology consultant and practicing physician, I have had first-hand experience with the staff at TRU Rehabilitation and Wellness. I have found their therapists and staff to be very professional, patient-oriented and skilled in the highly competitive field of musculoskeletal pathology. I believe TRU Rehab has the ability to deliver the best quality care to patients."

- Eugene Averbach, M.D.,
Neurologist,
Private Practice & Consultant

Corporate Wellness

TRU is one of the very few rehabilitation and wellness centers that goes beyond just offering treatment for work-related pain and injuries. We focus on the full picture, becoming your partner to prevent injuries before they occur, treating those injuries when the unfortunate does happen and getting pain resolved as quickly as possible so normal work habits can resume.

- Functional Capacity Evaluations (FCEs)
- work-related injury treatment
- accelerated return to work
- return to work follow-up
- work injury prevention
- work conditioning/hardening
- workplace ergonomics/biomechanical training
- corporate wellness events

"The focus of injury prevention and reduction by worksite wellness professionals deserves much of the credit for the improvements. The number of construction injuries has dropped and there has been a 10% reduction in repeated trauma injuries such as carpal tunnel syndrome and other musculoskeletal disorders."

- Elaine L. Chao, U. S. Department of Labor

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Your rehab satisfaction* is guaranteed or
IT'S FREE!

Arlington Heights
1216 E Central Road, Suite 200


Bloomington
290 Springfield Drive, Suite 255

Glenview
1976 Tower Drive



866-459-0059
www.TRUchicago.com



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*While TRU Rehabilitation & Wellness Center, LLC, as a health care provider, does not guarantee that it will heal, cure or improve the existing medical conditions of its patients, it does give its patient the "TRU Personal Satisfaction Guaranteed" policy. If a patient is dissatisfied for any personal reason and completes the written evaluation at the end of a scheduled appointment stating that the patient is not personally satisfied with any or all of the treatments of the health care treatments provided during a scheduled appointment and explains why that patient is not personally satisfied for any reason, then neither the patient nor the patient's insurance carrier will be billed for those treatments during that visit.