

STEVEN CHUDIK MD

SHOULDER, KNEE & SPORTS MEDICINE

Your Surgical Experience

Everything you need to know to make your
orthopaedic surgical experience
successful, safe and stress-free



Front cover photo by Edward Olive

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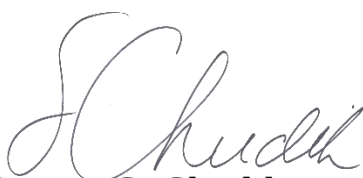


Thank you for entrusting me with your surgery. It is an honor and tremendous responsibility for my team. We are committed to helping you regain your mobility, eliminate your pain and get you back to enjoying your lifestyle and activities. We will be with you every step of the way and will work to make your surgical experience successful and positive.

Please take a few minutes to read this guide and keep it handy as it will help answer many of your questions along the way.



I believe patient and family education is a critical component in providing excellent patient care and obtaining an optimal surgical outcome. The information in this packet will help guide you through your surgical journey from beginning to end.


Steven C. Chudik, MD



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YOUR SURGICAL EXPERIENCE

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ABOUT DR. CHUDIK



stevenchudikmd.com

For nearly 20 years, Dr. Chudik, fellowship trained and board-certified orthopaedic surgeon, sports medicine physician and *US News and World Report* Top Doctor in orthopaedics has been restoring his patients' mobility and lives with his pioneering innovations in arthroscopic surgery. He has been awarded several U.S. patents for novel, minimally invasive surgical techniques, instruments and implants used in the arthroscopic repair of many shoulder, knee and sports injuries. Above all, though, Dr. Chudik prides himself on providing genuine, individualized care and developing a treatment plan that is right for each patient's lifestyle and functional goals.

In 2007, Dr. Chudik founded the Orthopaedic Surgery & Sports Medicine Teaching & Research Foundation, a nonprofit organization dedicated to funding research and education for the purpose of keeping people active and healthy.

Dr. Chudik is a partner at Hinsdale Orthopaedic Associates, Hinsdale, Ill., and the Medical Director for Adventist LaGrange Memorial Hospital, LaGrange, Ill. To further his academic interests, Dr. Chudik is a clinical assistant professor in orthopaedics at Loyola University, Chicago, and conducts research at Argonne National Laboratory,



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Batavia, Ill., and at the Hines VA Hospital Musculoskeletal Biomechanics Laboratory, Hines, Ill. He also is a research mentor for honors medical students at Loyola University Stritch School of Medicine and the University of Chicago Pritzker School of Medicine.

As a member of AAOS, AANA, ASES and AOSSM, Dr. Chudik serves on committees and teaches minimally invasive techniques to other surgeons from around the world. He is an expert reviewer for the *Journal of Arthroscopy and Related Research*, the *Journal of Shoulder and Elbow Surgery* and the *American Journal of Sports Medicine*.

Dr. Chudik serves as a team physician for USA Swimming, Lyons Township High School, Hinsdale South High School, United Soccer Academy and Fox Valley Lacrosse. In his free time, Dr. Chudik enjoys exercising, Ultimate Frisbee™ and relaxing with his wife and four children.

Education:

- Fellowship
Shoulder and Sports Medicine
Hospital for Special Surgery, New York, NY
- Residency, Orthopaedic Surgery
University of North Carolina, Chapel Hill, NC
- Internship, General Surgery
University of North Carolina, Chapel Hill, NC



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- Medical School
Pritzker School of Medicine, University of Chicago
- Undergraduate
University of Chicago
Bachelors of Science with Honors, Biological Chemistry
Phi Beta Kappa

Certification and Licensure

- Diplomate of the American Board of Orthopaedic Surgery
- Board certified in orthopaedic surgery
- Board certified in sports medicine

Professional Memberships

- American Academy of Orthopaedic Surgeons
- Arthroscopy Association of North America
- American Orthopaedic Society for Sports Medicine
- American Shoulder and Elbow Surgeons
- Illinois State Medical Society

Professional Appointments

- Partner, Hinsdale Orthopaedic Associate
- Director, Orthopaedic Sports Performance Institute
- Medical Director, Adventist LaGrange Memorial
- Clinical Professor, Loyola University of Chicago
- Research Associate, Argonne National Laboratory



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- Research Associate, Hines VA Musculoskeletal Biomechanics Laboratory
- Founder, OTRF, Orthopaedic Surgery and Sports Medicine Teaching and Research Foundation
- President, Orthopaedic Technologies,
- Reviewer, Journal of Arthroscopy and Related Research
- Reviewer, American Journal of Sports Medicine
- Reviewer, Journal of Shoulder and Elbow Surgery
- Team Physician, USA Swimming Sports Medicine and Science Network, High Performance Team



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WE ARE HERE FOR YOU

Excellent, personalized patient care is our goal. Our highly trained orthopaedic staff understands the importance of returning you to your fullest potential and will work with you to achieve your goals.

Our goal as your surgical team is to relieve your pain, restore function and allow you an expedient and safe return to activities. You are an important part of the team and your recovery is directly related to the effort you put forth both pre-operatively and post-operatively.

We're here for you before, during and after your surgery. If you need to reach anyone on the team, please email us at: contactus@chudikmd.com/.

If you prefer a phone call, please email us your preferred contact number and best time to call.



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SCHEDULE YOUR SURGERY

To schedule surgery, call 630-324-0402 or email us at:
[contactus@chudikmd.com/](mailto:contactus@chudikmd.com).

When leaving a message or email, please provide the following information:

- **Your name**, please spell your first and last name
- **Date of birth**
- **Contact number** between 7:30 a.m. and 5:30 p.m.
- **First and second surgery date preferences**,
(a Tuesday, Thursday, or as recommended by Dr. Chudik)

Surgery Location and Timing

Sometimes, surgeries must be performed at a specific location because of your insurance, or the type of surgery and within a specific time period to allow proper healing and recovery. For example, a surgery might need to take place during an athlete's off-season or before an injury heals improperly. Dr. Chudik discusses possible surgery times when he recommends surgery. The surgery scheduler will do her best to accommodate your time availability and needs.

Insurance Deductibles and Surgical Deposits

When you call to schedule surgery, Dr. Chudik's surgical scheduler calls your insurance company for preauthorization. While most major insurance companies cover Dr. Chudik's surgeries, there is significant variance in insurance benefits and coverage.



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In cases of **outstanding deductibles**, Hinsdale Orthopaedics requires payment of your deductible prior to surgery. This payment will not be processed or deposited until the date of your surgery. Payment plans are available for patients with large deductibles.

For most insurances, Hinsdale Orthopaedics requires an **Advanced Benefit Notification agreement** and **credit card** on file prior to surgery to protect you and limit your out-of-pocket expenses in the event your insurance company later refuses payment for part of your surgery.



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SURGERY MASTER CHECKLIST ✓

Use this checklist to prepare for your surgery to ensure everything is completed on time and you are cleared for surgery.

- Schedule surgery at contactus@chudikmd.com/, or 630-324-0402.
write surgery date here
- Schedule your pre-surgical appointment with Dr. Chudik's team two weeks before your surgery. write date here
- Schedule your first post-surgical appointment with Dr. Chudik's team. write date here
- Schedule physical therapy to begin two to three days after your surgery, or as instructed by Dr. Chudik's team. A list of physical therapy locations can be found starting on page 46.
write date of first PT appointment here
- Bring outside MRI discs to your pre-surgical appointment. Dr. Chudik needs them for your surgery.
- Complete labs, EKG, chest X-ray (if required) at pre-surgical appointment with Dr. Chudik's team, or at a hospital. Chest X-ray and EKG results are good for six months. Blood results are good for 30 days.



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- Obtain surgical clearance (if required) from your primary care provider and/or other medical specialist. Complete all testing and bring documented surgical clearances from your physician to your pre-surgical appointment with Dr. Chudik's team.
- Complete the Hinsdale Orthopaedics' pre-surgical questionnaire on-line, or before your pre-surgical appointment with Dr. Chudik's team.
- Arrange a ride to and from surgery. You cannot drive yourself.
- Do not eat or drink anything after midnight (12 a.m.) the night before surgery.
- Bring crutches, brace or other assistive devices provided to surgery.
- Stop ALL anti-inflammatories, blood thinners, supplements and other medications as advised by Dr. Chudik, your primary physician and other medical specialists.



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PRE-SURGICAL PREPARATION

Two Weeks Before Surgery

- Attend pre-surgical appointment and receive physical therapy instruction, crutches/brace/sling as required, CHG cloths, and pre-surgical testing.
- Complete your pre-operative testing (labs, chest X-ray, EKG—if required)
- Complete and deliver pre-surgical clearances from other doctors
- Give outside MRI disks to Dr. Chudik's Team
- Purchase gauze and tape to change your dressings after surgery.
- Purchase a laxative and/or high fiber foods to help prevent constipation that can be caused by prescription pain medication.
- Stop smoking, alcohol and other recreational drugs/substances before and for six weeks following surgery.
- Do not shave at the surgical site for three days prior to surgery
- Discontinue certain medications and all supplements



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ALWAYS consult with your prescribing physician for instructions regarding the appropriate and safe discontinuation of any of your medications before surgery, even aspirin.

Stop taking the following medications as long as it is approved by the prescribing physician:

- Aspirin or any medicines containing aspirin.
- All pain and anti-inflammatory medicines (Aleve®, Advil®, Motril®, Ibuprofen, Voltaren, Naproxen, Feldene®, Celebrex®, etc.).
- Nutritional supplements (vitamin C, ginseng, ginkgo biloba, garlic, ginger, etc.)

Blood thinners need to be discontinued safely at very specific times before surgery. Before discontinuing ANY blood thinning medications (including Coumadin®, Warfarin, Heparin®, Lovenox®, Xarelto®, etc.), **you MUST discuss the timing and dosing with the prescribing physician**

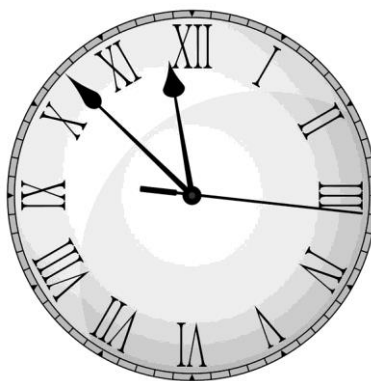


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One Day Before Surgery

- The hospital and surgery center will call to confirm your arrival time and provide a “best estimate” for your surgical time.
- Ready your clothes, directions, brace/crutches/sling, and rides.
- Bathe and perform chlorhexidine gluconate (CHG) cloth skin preparation as directed the night **BEFORE** your surgery. See page 44 for specific instructions.
- **DO NOT** shave (except facial hair) 48 hours (two days) prior to your surgery.
- Brush your teeth thoroughly before bed and use antibacterial mouthwash, if available.
- **DO NOT** eat or drink anything after midnight (12 a.m.) the night before surgery until after surgery.



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DAY OF SURGERY

Dr. Chudik has a large team to coordinate every aspect of your surgical care, allowing him to concentrate his efforts solely on your surgery. He is the only surgeon and performs your surgery himself.

In the operating room, besides Dr. Chudik, your surgical team will consist of:

- Michelle Peiss, MMS, PA-C and Kim Herrera, PC-C, Dr. Chudik's physician assistants
- Trained physician extenders from Dr. Chudik's team
- Anesthesiologists
- Registered surgical nurses

There are many things to coordinate and his team will be working together to make sure you have a safe and excellent surgical experience. Someone from Dr. Chudik's team will be with you from start to finish and will assist you and answer any questions you or your care provider(s) might have. These individuals are important in your care and will provide their expertise to optimize your surgical experience.

To help ensure your surgery day contains the minimum amount of stress, we strongly encourage you to strictly follow the instructions given to you in advance by Dr. Chudik that include:

- **Follow** the fasting instructions. **DO NOT** eat or drink anything.

If you are taking any oral medications for other medical reasons, you



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will be counseled by the surgical nurse on which medications to take the morning of your procedure with a **SIP** of water.

- **DO NOT** shower the day of surgery
- **DO NOT** apply any lotions, powder, deodorant, sprays, etc.
- **Wash** yourself with the second package of CHG cloths as instructed on page 43.
- **DO NOT** shave
- **Dress** in loose, clean clothes
- **Bring** your crutches, sling, or brace with you to the hospital if provided during your pre-operative visit.
- **Arrive on time.** Allow plenty of time for traffic, parking and getting to the “Same Day Surgery” check in desk.



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THE PRE-OPERATIVE UNIT

The pre-operative unit is the “preparation room” for patients where you will:

- Change into a gown and be prepped for surgery.
- Your surgery site will be shaved, if necessary, and prepped
- Your medical history is confirmed, as well as the procedure and surgical site. **Alert the nurse to any allergies you may have (i.e. penicillin, latex, iodine/shellfish)**
- An intravenous line (IV) will be inserted so you can be given fluids, antibiotics, and/or medications as needed.
- Compression stockings (TEDs) will be placed on your legs to help prevent deep vein thrombosis (DVT) also known as a blood clot.
- Dr. Chudik will see you prior to anesthesia to answer any last minute questions, re-examine and sign your surgical site.
- The anesthesiologist will explain the anesthesia methods as well as the risks and benefits.
- Injections for regional anesthesia (nerve block) may be offered and suggested for individuals undergoing certain procedures. See pages 46-48 for more information.
- You are taken to the operating room where you will be asked to help transfer yourself on the operating room table.
- The surgical team (Dr. Chudik’s team, the anesthesiologist and circulating nurses) will adjust your position, cover you with warming blankets, put compression devices on your legs and ensure all your body parts are safely positioned and well padded.
- Once positioned, the anesthesiologist will talk you through the steps to induce anesthesia or sedation and you will gradually fall asleep.



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THE RECOVERY ROOM

After surgery, you will be taken to the recovery room by the anesthesiologist and the nurses while Dr. Chudik's team speaks with your family, or person you designated.

While in the recovery room:

- An experienced recovery room nurse will monitor you.
- As you awaken from the anesthesia, you will be transferred to a private, second phase recovery room where your family or designated person will be able to see you.
- You will be discharged home or to a hospital room by the anesthesiologist.
- Prescriptions for pain medication will be provided and an important post-surgical instruction handout that contains your prescription for physical therapy, home exercises and other care instruction specific to your surgery.



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IMPORTANT POST-OPERATIVE INFORMATION

When the anesthesiologist and the recovery room nurse determine it is safe to discharge you, the nurses will review a series of instructions and materials to ensure you are prepared for the next step in your recovery. You also will receive Dr. Chudik's surgery-specific post-operative instructions from someone on his staff. These include:

- Wound care
- Sling, brace, or splint use
- Weight bearing and activity restrictions
- Pain relief mechanisms (medications, ice, elevation, etc.)
- Bathing and showering
- Post-operative follow-up
- Signs and symptoms to look for and emergency numbers to call
- Customized physical therapy prescription and exercise instructions specific to your surgery
- Pain medicine prescription (given by the recovery room nurse unless mailed to your home.)



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PHYSICAL THERAPY AND EXERCISES

If you followed the instructions in this handbook, you scheduled physical therapy to begin no later than three days after your surgery. If you didn't, you need to do that immediately. Depending on your surgery, most of Dr. Chudik's post-surgical physical therapy protocols begin within three days following surgery, but some begin after your first follow-up appointment. Your post-surgery instructions handout and physical therapy protocol script will state when you should start therapy.

It is very important for you to start your home exercises immediately and begin rehabilitation with your physical therapist so you don't develop scar tissue and limit your range of motion. A list of area physical therapy locations begins on page 50.

Make sure to review the physical therapy information provided to you in the recovery area. It includes:

- A surgery-specific prescription for post-operative therapy. Please make sure to bring all the pages of this prescription to your first scheduled physical therapy session.
- An initial sheet of exercise instructions to perform at home immediately following surgery.



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PAIN MEDICINE PRESCRIPTIONS

A pain medicine prescription and directions for its use is given to you in the post-operative (recovery) area prior to your discharge home. If possible, fill your prescription before leaving the hospital, or on your way home.

Because your prescription likely is an Illinois state-controlled narcotic (oxycodone, Percocet®, tramadol, Norco®, Vicodin®, Tylenol® #3, Dilaudid®), it is very important you follow the directions for taking the medication and for requesting refills.

- Start your medicine when the regional anesthetic (nerve block) begins to wear off, or just before bed, whichever comes first. Early signs the anesthetic is wearing off are the return of sensation (feeling) and movement in the hand or foot of your operative extremity.
- Take the prescription only as directed and **do not take additional pain relief medications.**
- Do not take Tylenol® (acetaminophen) with your prescription. It is present in most pain medications and overdosing can damage your liver.
- **Do not mix pain medicine with alcohol or other sedating drugs.**
- Refills are limited and prescribed in a “step-down” manner to help wean you off the medication and reduce the likelihood of dependency.
- If you need a refill, it cannot be called into your pharmacy. This is a state law—no exceptions. You, or the authorized relation you designated when you completed your Hinsdale Orthopaedic’s patient



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information paperwork, must pick up an original, written prescription at our office. Email your refill request to: contactus@chudikmd.com/, or call [630-324-0402](tel:630-324-0402). Allow at least three days for the request to be processed. Requests received after 3 p.m. on Friday will be processed the following Monday.

- Pain medicines often can cause itching, nausea and constipation. Use may need to be limited for sensitive individuals.
- **Driving while taking pain medication is against the law. You will not be released to drive until you are off your pain medication and no longer in a sling or brace.**

If you are having a medical emergency such as trouble breathing or chest pain, etc., call 911!



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AT HOME FOLLOWING YOUR SURGERY

The first few days and weeks following your surgery are critical to a successful recovery. Dr. Chudik and his team developed an individualized care plan just for your procedure. Please follow the post-operative program given to you before you left the hospital.

Wound Care

Refer to the surgery-specific handout given to you by Dr. Chudik's team at the time surgery was recommended or during a subsequent office visit.

- Change the surgical site dressings daily, or as needed.
- Leave small white cover strips (Steri-Strip®) in place.
- Do not use bacitracin or other ointments unless instructed.
- You may shower lightly after three days for all arthroscopic surgery and after 14 days for open surgery. Check your specific surgery instructions
- To properly clean, wash your incision with soap and water and pat dry. Avoid rubbing or applying lotions.
- Do not submerge wounds for three weeks after surgery and then only if they are clean, dry and closed.
- Watch for signs of infection, which can include redness, pain, drainage, foul odor, or temperature greater than 100.5°F. If you see any of these signs, please call our office at [630-324-0402](tel:630-324-0402).



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Pain Management

- Take pain medication as prescribed.
- Take pain medication with food.
- Plan your doses so you can take your pain medication 20-30 minutes prior to physical therapy or exercises if you are still in pain or in pain during physical therapy. You can expect some pain initially with your exercises, but this should subside gradually in time as your strength and motion improve.
 - Tylenol® or acetaminophen may be used instead of narcotic medication.
 - Use ice packs or a bag of frozen vegetables such as peas for 20 minutes every two to four hours or as tolerated. Make sure to use a barrier cloth between your skin and cold packs to prevent you from burning your skin. Use of ice after exercise will help decrease swelling and pain.

Normal Reactions to Surgery

- Occasional, low grade fever (101.5° F or below)
- Small amount of blood or fluid leaking from the surgical site the first few days following surgery.
- Bruising, swelling and discoloration in the involved limb or adjacent body areas
- Mild numbness surrounding the wound site.
- Neck/groin soreness around the injection site if a regional block was given prior to surgery.



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Abnormal Reactions to Surgery

If you should have any of the following symptoms, please **contact Dr. Chudik's Team or go to the nearest emergency room.**

- Fever greater than 101.5° F
- Progressively increased pain
- Excessive bleeding
- Red, swollen, painful calf
- New numbness or tingling in your operative extremity
- Persistent nausea and vomiting
- Excessive dizziness
- Persistent headache
- Increasing redness, swelling and drainage at the surgical site or injection sites

The following reactions may require emergent intervention and a visit to the Emergency Room:

- Chest pain
- Shortness of breath
- Fainting or loss of consciousness
- Persistent fevers greater than 101.5° F
- Weakness, numbness, inhibition of motor skills in the operative extremity persisting more than 24 hours after the nerve block.
- Red, swollen, or painful calf and/ or increased numbness or tingling in your foot.



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Constipation

Unfortunately, this can be a common side effect from pain medications.

To help avoid this:

- Drink plenty of fluids, water is preferred
- Use a stool softener like Colace® while taking pain medicines
- Take a laxative like Dulcolax® as needed
- Eat a high fiber diet

Cold Therapy

Ice packs (reusable, ice in plastic bags, or bags of frozen peas) will be needed for post-operative care.

- Begin to ice immediately post-operatively. You should ice several times throughout the day (at least four times per day), for no longer than 20 minutes at a time. **Do not ice while sleeping.**
- Use a towel or pillowcase to prevent the ice pack from directly touching skin.
- Check the treated area after each session, as temporary numbness following surgery may result in a decreased ability to detect dangerously cold temperatures.



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Activities

- Start physical therapy two to three days following surgery, or as directed by Dr. Chudik.
- Perform your home exercises as directed by your therapist following Dr. Chudik's protocol.
- Do not smoke. It prevents proper healing.
- DO NOT operate heavy equipment or a motor vehicle while taking prescription pain medication, or if you are wearing a sling, brace or cast. In Illinois, prescribed pain medication is considered a driving under the influence (DUI) violation and can result in a ticket, fine and/or jail. Dr. Chudik's team can assist in advising you regarding your ability to drive post-operatively during a clinic visit.

For **urgent** medical questions after business hours, please call our main number, **630-920-2350** and the answering service will contact the doctor on call. **If it is a life threatening medical issue, call 911.**



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DEEP VEIN THROMBOSIS / PULMONARY EMBOLISM (BLOOD CLOT) PREVENTION

Deep vein thrombosis (DVT) and pulmonary embolism (PE) (blood clots) are serious conditions that can occur after orthopaedic surgery and there are several things you can do to help decrease your risk.

What is a DVT or PE?

A deep vein thrombosis (DVT) occurs when a blood clot forms in one of the deep veins of our extremities (arms and legs) in response to the hypercoagulable state (increase in blood clotting) that naturally occurs following surgery. A pulmonary embolism (PE) occurs when a clot travels to our lungs and impairs blood flow through our lungs and heart that can be fatal. **It is important to follow the preventative instructions to make sure that you limit your risk of developing a blood clot.**

Signs and Symptoms of a DVT	Signs and Symptoms of a PE (Blood Clot)
• Fever • Redness • Calf pain • Swelling in an arm or leg	• Chest pain • Shortness of breath • Increased heart rate • Sense of impending doom

If you experience chest pain, difficulty breathing or severe headache, call 911 immediately as these could be signs that a blood clot has broken off and traveled to other parts of your body.



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Steps to Decrease a DVT and PE Risk

- Stay mobile and avoid sitting or lying in bed for long periods.
- Perform ankle pumps
- Wear compression stocking or TED hose as directed after surgery.
- Avoid flying and long car rides for six weeks following surgery.

There are several medications to help prevent blood clots. These medications (also called blood thinners or anticoagulants) may be used for two to six weeks after surgery with high risk. Anticoagulants should be used carefully as they can cause bleeding and post-surgical hematomas (bruises) that can negatively affect your surgical outcome.

Medications used to Help Prevent Blood Clots

- Aspirin, Lovenox®, Coumadin®, Xarelto®

Driving and Flying

- Driving while taking pain medication is against the law. You will not be released to drive until you are off your pain medication and no longer in a sling or brace
- You should avoid flying and prolonged car rides for six weeks following surgery.
- If you must travel (drive or fly) make sure you stop and get up and walk a bit regularly. It is also a good idea to do ankle pumps and other exercise requiring extremity movement while sitting in your seat.
- If you do have to travel in the six weeks after your surgery, please notify our staff and we can prescribe a proper anticoagulant for safer travel.



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GOING BACK TO WORK

Returning to activities is different for each individual as it depends on your recovery process and the type of work you perform or the sport you play. Discuss your goals with your health care team so you can start talking with your employer or coach before you have surgery. Make sure you allow time to go to your outpatient physical therapy.

Family Medical Leave Act (FMLA) Paperwork

Many patients require completion of FMLA paperwork for their job. As this paperwork is long and detailed, please allow 10-14 days for completion.

- Please submit paperwork prior to your preoperative appointment.
- You can fax it to: **630-920-2382**, or email it to contactus@chudikmd.com.
- Make sure your paperwork indicates your name and date of birth and includes a job description, which details specific tasks related to physical demands.

Other Questions

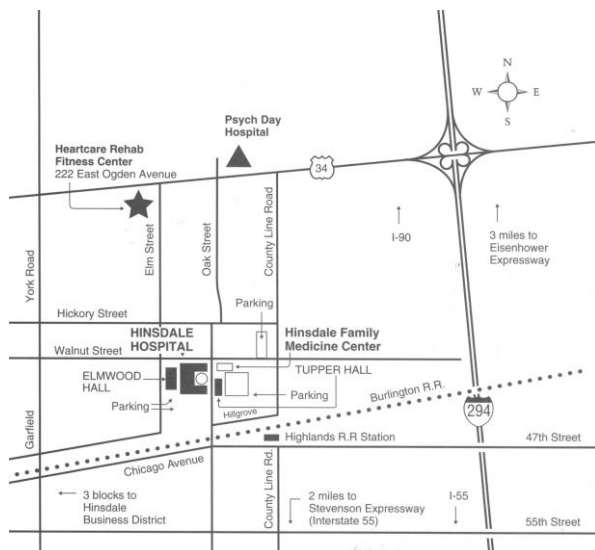
If you have any questions, please refer to Dr. Chudik's website [stevenchudikmd.com](http://www.stevenchudikmd.com) and the "Frequently Asked Question" web page <http://www.stevenchudikmd.com/faq/> that you can find listed under the "About" tab on the homepage of Dr. Chudik's website.



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HOSPITAL INFORMATION AND MAPS



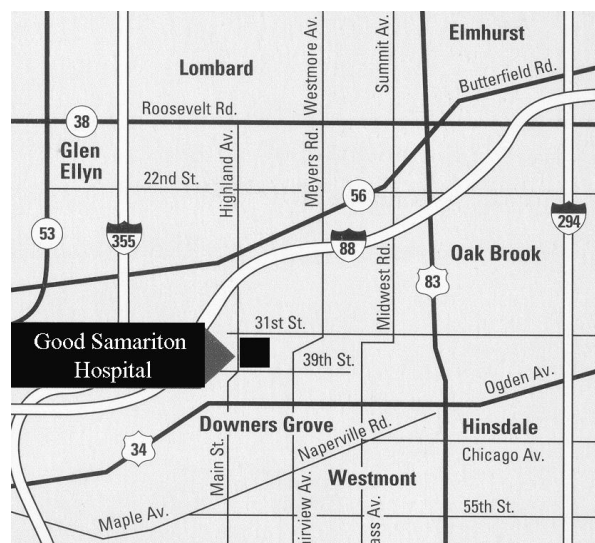
Adventist Hinsdale Hospital

120 N. Oak Street
Hinsdale, IL 60521
630-856-9000



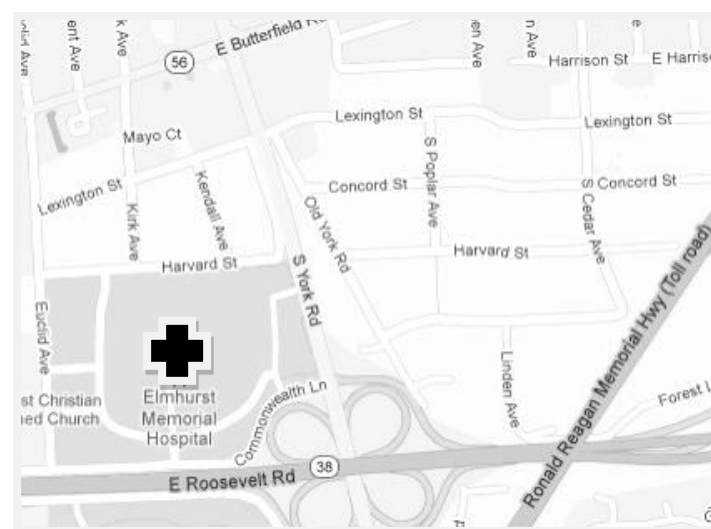
Adventist LaGrange Memorial Hospital

1501 Willow Springs Road
LaGrange, IL 60525
708-245-9000



Advocate Good Samaritan Hospital

3815 Highland Avenue
Downers Grove, IL 60515
630-275-5900



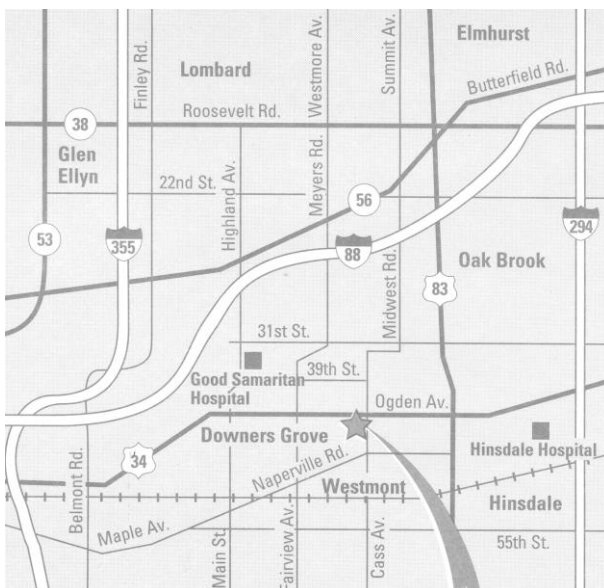
Elmhurst Memorial Hospital

200 E. Brush Hill Road
Elmhurst, IL 60126
630-758-8800



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Salt Creek Surgical Center

530 N. Cass Ave.
Westmont, IL 60559
630-968-1800



Orthopaedic Surgery & Sports Medicine
Teaching & Research Foundation
otrfund.org

630-324-0402 • contactus@chudikmd.com

stevenchudik.com



Schedule online now

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IMPORTANT NUMBERS AND CONTACTS

Emergency

911

Dr. Chudik's surgery scheduler and administrative assistant	630-324-0402
Adventist Hinsdale Hospital outpatient medical testing	630-856-7072
Adventist LaGrange Memorial Hospital outpatient medical testing	708-245-7071
Advocate Good Samaritan Hospital outpatient medical testing	630-275-2002
Elmhurst Memorial Hospital outpatient medical testing	331-221-3920
Hinsdale Orthopaedic billing services	866-619-8236
Hinsdale Orthopaedics MRI scheduling (Westmont office)	630-920-2380
Hinsdale Orthopaedics workers' compensation appointment scheduling	630-324-0402
Hinsdale Orthopaedics Westmont office main number and after hours number	630-324-0402
Hinsdale Orthopaedics Western Springs office main number and after hours number	630-324-0402
Hinsdale Orthopaedic Associates Physical Therapy Westmont	630-655-8785
Hinsdale Orthopaedic Associates Physical Therapy Western Springs	708-387-1750



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INFECTION PREVENTION

Infection prevention is our top priority. We take every precaution to minimize your risk of getting a surgical site infection. Despite our best efforts, infection still can occur after any surgery. The most common source of infection comes from the bacteria on your skin. You can help us decrease your risk of infection by washing your skin at home the night before and the morning of your surgery with Chlorhexidine Gluconate (CHG) cloths. Washing with the CHG cloths has been shown to decrease the bacterial count on your skin and help decrease your risk for infection.

Unfortunately, many insurance companies will not pay the expense for this prep. Therefore, we have the cloths available for you to purchase at your own cost. If you choose not to purchase the cloths, your risk for infection is still low (less than one percent). The CHG cloths cost \$20 for two packages. You need two packages; one for use the night before surgery, the other for use the morning of your surgery. The prep process is simple, but you need to follow our printed instructions. We recommend you read all the directions before you begin to ensure your prep is done correctly and to ensure maximum protection benefit.

If you have any questions, please do not hesitate to call our office.

Sincerely,

Dr. Chudik and Team



STEVEN CHUDIK MD

SHOULDER, KNEE & SPORTS MEDICINE

CHLORHEXIDINE PREP INSTRUCTIONS

Preparing Your Skin for Surgery

Preparing or “prepping” your skin for surgery reduces the amount of skin bacteria, which decreases your risk for an infection at the surgical site. Clinical research shows skin antiseptic products containing Chlorhexidine Gluconate (CHG) reduces the number of bacteria on the skin. To make the skin prepping process easier, we recommend disposable cloths moistened with a rinse-free, two percent antiseptic solution. The steps below outline the preparation process and should be followed carefully.

The Night Before Your Surgery

- Please read the directions thoroughly before starting.
- Shower. Wash with soap and rinse. Wash your hair with shampoo and rinse.
- DO not shave
- Dry yourself with a clean, unused towel. **DO NOT** apply any lotions, powders, or deodorant.
- Put on clean nightwear.

PLEASE NOTE

Your skin may turn a little red following the Chlorhexidine Prep, which should resolve about one hour following the prep. If you have any type of reaction or the redness persists, discontinue the prep, wash the area gently with soap and water, dry the area and notify us about the problem the next day at surgery.



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One Hour After Bathing

Open the CHG package by lifting the flap and tearing sideways at the notch, or cut across the top of the package using scissors that have been cleaned with alcohol.

- Empty the package of cloths onto a clean surface. **Do not** let the cloths touch the outside of the package wrapper.
- Use the cloths in the package as directed on the page 44 following the numbered diagrams.
- Redress in your clean nightwear and sleep on freshly laundered bed sheets.

During Preparation

DO NOT rinse or wash your skin after using the cloths.

- **DO NOT** use on your genitals or let the cloths come in contact with your eyes, ears, mouth nose, or mucus membranes (moist surfaces of your body).
- **DO NOT** re-use the cloths.
- **DO NOT** re-prep an area already cleaned with the cloths.
- **DO NOT** flush cloths in the toilet.

The Morning of Surgery

- **DO NOT EAT OR DRINK ANYTHING**
- **DO NOT** shower
- Repeat the prepping process using the second package of CHG cloths. Follow the directions on the next page wiping the areas as indicated by the numbered diagrams.
- Allow to dry one minute. **DO NOT** Rinse.
- Dress in clean cloths, socks and underwear.

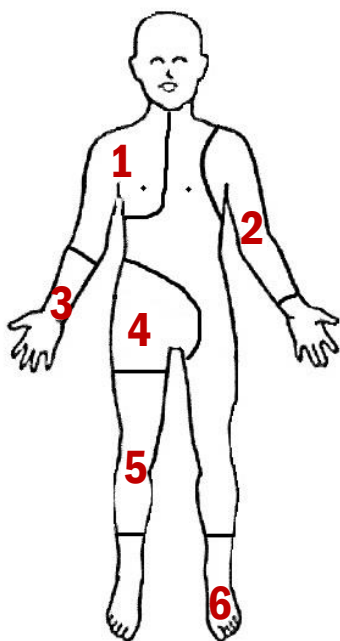


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CHLORHEXIDINE (CHG) PREP STEPS

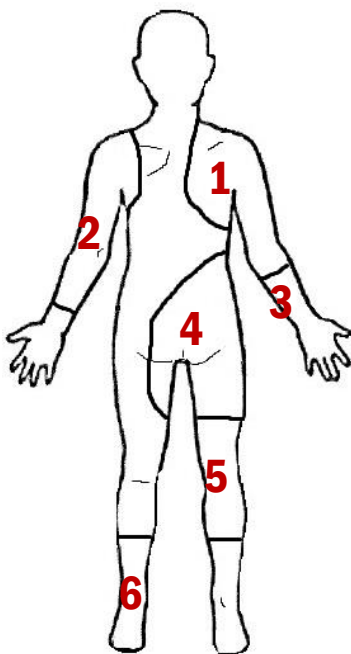
Front



Wipe only your appropriate surgical site (See figures at left). Start wiping in the center, making larger and larger circles until you clean the entire area shown—front and back. Use both CHG cloths to clean the surgical area.

- 1. Shoulder surgical site.** Wipe the front and back of your shoulder from your neck to just below your elbow including chest, back and armpit. You may need someone to assist you. Discard cloths.
- 2. Elbow surgical site.** Prep from your shoulder down to your mid-forearm (just above your wrist), front and back. Discard cloths.

Back



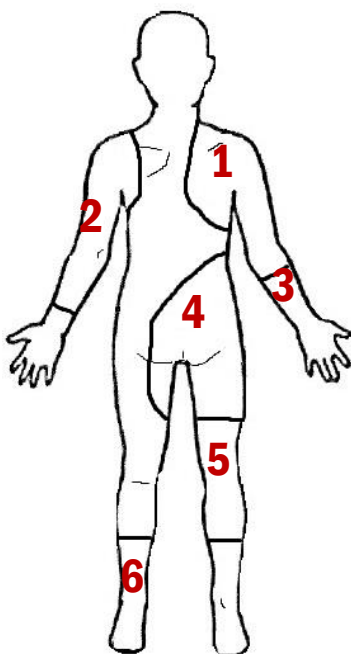
- 3. Wrist/hand surgical site.** Wipe your entire hand paying special attention to your fingers. Clean the front and back from fingertips to mid-forearm. Discard cloths.
- 4. Hip surgical site.** Start above your waist and clean front and back with cloths to mid-thigh. **DO NOT** clean genitals with CHG cloths. Discard cloths.
- 5. Knee surgical site.** Wipe your knee, front and back, paying special attention



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Back



to behind the knee. Also, wipe your leg front and back above the knee to mid-thigh and below the knee to mid-calf. Discard cloths.

- 6. Foot/ankle surgical site.** Wipe your entire foot, top and bottom paying close attention to the toes, continue wiping your ankle and your leg—front and back—to mid-calf. Discard cloths.

DO NOT RINSE. Allow all areas to air dry for one minute. It is normal for the skin to have a temporary “tacky” feel for several minutes after the antiseptic solution is applied. In addition, you may experience some mild itching/burning. This is a common side effect. Redress in clean nightwear/ clothes.

PLEASE NOTE

Your skin may turn a little red following the Chlorhexidine Prep, which should resolve about one hour following the prep. If you have any type of reaction or the redness persists, discontinue the prep, wash the area gently with soap and water, dry the area and notify us about the problem the next day at surgery.



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FEMORAL (KNEE / LEG) NERVE BLOCKS

A femoral nerve block is used for sustained post-operative pain relief in surgical procedures involving the knee and leg. Dr. Chudik may ask your anesthesiologist to perform this procedure to help with pain relief after your surgery.

Description

A nerve block is local anesthesia injected next to the nerve to block painful sensations from the knee and thigh regions.

Benefits

Nerve blocks are commonly used to provide pain relief after extensive knee and anterior thigh surgical procedures. It can be especially helpful for anterior cruciate ligament (ACL) reconstructions. Femoral nerve blocks also decrease pain medication requirements, lessen the need for general anesthesia, decrease likelihood of post-operative nausea and vomiting, and may permit an earlier discharge home after surgery.

Normal Course

Numbness of the leg and inability to straighten your knee is normal with a femoral nerve block. The effect of the block usually lasts six to 18 hours after it is administered, but may last up to 24 hours. It is important to start your oral pain medications before the block completely wears off—when you begin to regain feeling in your leg. You will be



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instructed to start the medications before bedtime the evening of your surgery even if you are not experiencing pain at that time. This will allow for a smooth transition from pain relief supplied by the nerve block to pain relief supplied by an oral pain medication.

Risks

All types of anesthesia have some risk. Although rare, potential risks include incomplete block, inadequate pain relief, bleeding, infection, reaction to the local anesthesia agent and nerve injury. Please discuss any concerns with your anesthesiologist on the day of your surgery.

Additional Recommendations

Please keep the operative leg well protected and padded for the duration of numbness. This will prevent unrecognized pressure from being placed on the knee/leg that could result in injury. Walk only with assistance or crutches since your leg strength will be reduced and not able to support you until the block wears off.

Note: You will have the opportunity to discuss all concerns regarding this procedure and your anesthetic care with your anesthesiologist on the day of surgery. The above information is not intended as a substitute for a complete discussion with your anesthesiologist, but instead for your personal education and to enhance your ability to ask informed questions.



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INTERSCALENE (SHOULDER / ARM) NERVE BLOCKS

An interscalene nerve block is used for sustained post-operative pain relief in surgical procedures involving the shoulder and upper arm muscles. Dr. Chudik may ask your anesthesiologist to perform this procedure to help with pain relief after your surgery.

Description

Local anesthesia is injected adjacent to the nerve and surrounds the nerve to block painful sensations from the shoulder and upper arm regions during surgery.

Benefits

Nerve blocks are commonly used to provide pain relief after shoulder and upper extremity surgical procedures. Interscalene nerve blocks also decrease pain medication requirements, lessen the need for general anesthesia, decrease likelihood of post-operative nausea and vomiting, and may permit an earlier discharge home after surgery.

Normal course

Numbness and the inability to move your shoulder and upper arm are normal with an interscalene nerve block. Sometimes nasal congestion, droopy eyelid on the affected side, voice hoarseness and chest weakness on the side of the block also may occur. These will resolve when the block wears off—usually six to 18 hours after it is administered, but may last up to 24 hours. It is important to start your oral pain medications before the block wears off completely—when you begin to regain



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feeling in your hand/arm. Once the numbness wears off, you will likely experience discomfort that will progressively intensify. Even if you are not experiencing pain at bedtime, you will be instructed to start the medications the evening of your surgery. Continue taking the medications on a scheduled basis. This will allow for a smooth transition from pain relief supplied by the block to pain relief supplied by an oral pain medication.

Risk

All types of anesthesia have some risk. Although rare, potential risks include incomplete block, inadequate pain relief, bleeding, infection, reaction to the local anesthesia agent, collapsed lung, blood vessel injury, peripheral nerve injury or persistent tingling sensation. Please discuss any concerns with your anesthesiologist on the day of surgery.

Additional recommendations

Please keep the operative arm and elbow well protected and padded for the duration of numbness. This will prevent unrecognized pressure from being placed on the arm that could result in nerve injury.

Note: You will have the opportunity to discuss all concerns regarding this procedure and your anesthetic care with your anesthesiologist on the day of surgery. The above information is not intended as a substitute for a complete discussion with your anesthesiologist but instead for your personal education and to enhance your ability to ask informed questions.



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PHYSICAL THERAPY LOCATIONS

The attached list* of physical therapy locations in northern Illinois and northwest Indiana was compiled to be **a resource for you** of reputable therapy locations. Every healthcare plan is different. Therefore, before beginning a physical therapy program, please check with your insurance provider to obtain a list of approved rehabilitation providers and locations within your plan. The phone number to call for this information should be printed on the back of your insurance card. You also can check your insurance provider's website where an approved list usually can be found.

Failure to use an approved provider within your insurance plan can result in you having to pay the full cost for your physical therapy. Additionally, Dr. Chudik, his staff and Hinsdale Orthopaedics cannot assist you with physical therapy billing issues. For that reason, please take a few minutes to research your options and even visit physical therapy locations that interest you to ensure they accept your insurance. You will be given a physical therapy prescription by Dr. Chudik's team immediately following surgery. It will be included with information about your surgery, post-operative care and precautions.



PHYSICAL THERAPY LOCATIONS

SHOULDER, KNEE & SPORTS MEDICINE

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NAME	ADDRESS	CITY	PHONE	FAX
ATHLETICO	1776 W CENTENNIAL PL.	ADDISON	630-953-0343	630-953-0353
ATI	500 W. LAKE ST.	ADDISON	630-607-1820	630-628-5307
ATHLETICO	1517 S RANDALL RD	ALGONQUIN	847-854-6482	847-854-6483
ATI	2971 W. ALGONQUIN RD, SUITE 101B	ALGONQUIN	847-854-8840	847-854-8851
ATI	770 S. RANDALL RD.	ALGONQUIN	224-209-5051	224-209-5052
ATI	12052 S. CICERO AVE	ALSIP	708-489-9940	708-489-9961
NOVACARE REHAB	12549 HOLIDAY DR, UNIT D	ALSIP	708-388-5900	708-388-5952
ATHLETICO	1837 HOMER M. ADAMS PKWY, SUITE M	ALTON	618-208-3310	618-208-3315
ATHLETICO	1122 MAIN ST.	ANTIOCH	847-395-0321	847-395-0298
ATHLETICO	88 S ARLINGTON HEIGHTS RD	ARLINGTON HEIGHTS	847-506-1767	847-506-9243
ATI	1628 W. CENTRAL RD., SUITE 2	ARLINGTON HEIGHTS	847-253-2944	847-253-2744
TEAM REHABILITATION PT	1077 E. GOLF RD.	ARLINGTON HEIGHTS	847-305-1400	847-305-1556
MOMENTUM PT	2340 S EOLA RD	AURORA	630-978-9200	630-978-9201
ATHLETICO	1137 N EOLA, SUITE 111	AURORA (EOLA)	630-236-6698	630-236-6856
ATI	1515 BUTTERFIELD RD, UNIT 105	AURORA (NORTH)	630-947-7360	630-947-7361
ATHLETICO	1677 MONTGOMERY RD., SUITE 102	AURORA (SOUTH)	630-947-7400	630-947-7401
ATI	2121 W INDIAN TRAIL RD	AURORA (WEST)	630-907-9012	630-907-9019
ATI	4334 FOX VALLEY CENTER. DR.	AURORA/FOX VALLEY	630-236-7544	630-236-7574
ATI	1900 OGDEN AVE., SUITE 203	AURORA (HEALTHPLEX)	630-978-6218	630-978-6219
TEAM REHABILITATION PT	9817 E. US HWY. 36	AVON, IN	317-860-7677	317-860-7668
ATHLETICO	2211 WAUKEGAN RD	BANNOCKBURN, MIDTOWN	847-267-8600	847-267-9520
ATHLETICO	530 N HOUGH ST, SUITE 130	BARRINGTON	847-381-0090	847-381-0181
ATI	420 W. NORTHWEST HWY, SUITE B	BARRINGTON	847-382-3864	847-382-3947
NOVACARE REHAB	756 W. NORTHWEST HWY.	BARRINGTON	847-854-9826	847-658-8185
ATHLETICO	770 W. BARTLETT RD.	BARTLETT	630-213-1600	630-213-1800
ATI	803 S. ROUTE 59	BARTLETT	630-233-0047	630-372-0515
DOCTORS OF PHYSICAL THERAPY	124 BARTLETT PLAZA	BARTLETT	630-736-0560	630-736-0570
ATHLETICO	805 N RANDALL RD	BATAVIA	630-593-5100	630-593-5101
ATHLETICO	1731 HENRY LUCKOW LANE	BELVIDERE	815-544-6967	815-544-6984
ATI	211 W. GRAND AVE.	BENSENVILLE	630-350-2736	630-350-2842
ATHLETICO	6347 W CERMAK RD, SUITE A	BERWYN	708-749-2566	708-749-2498
TEAM REHABILITATION PT	3501 S. HARLEM AVE., SUITE 1	BERWYN	847-818-0461	847-605-2917
ATI	383 W ARMY TRAIL RD, SUITE 100	BLOOMINGDALE	630-924-0367	630-924-0375
PT SOLUTIONS AT ADVENTIST GLEN OAKS				
HOSPITAL (HPH)	303 E. ARMY TRAIL RD., SUITE 135	BLOOMINGDALE	630-894-0606	630-894-2351
ATHLETICO	303 E ARMY TRAIL RD, SUITE 400	BLOOMINGDALE (EAST)	630-582-1512	630-582-1514
ATHLETICO	205 S GARY AVE	BLOOMINGDALE (WEST)	630-307-5910	630-307-5913
ATHLETICO	1704 EASTLAND DR, UNIT 15	BLOOMINGTON	309-664-7766	309-664-6767
ATHLETICO	1256 W BOUGHTON RD	BOLINGBROOK	630-378-9420	630-378-9169
MOMENTUM PT	1337 LILY CACHE LN	BOLINGBROOK	630-226-5110	630-226-5120

PHYSICAL THERAPY LOCATIONS

SHOULDER, KNEE & SPORTS MEDICINE

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NAME	ADDRESS	CITY	PHONE	FAX
PAULSON	420 MEDICAL CENTER DR	BOLINGBROOK	630-226-1380	630-679-0326
PT SOLUTIONS AT ADVENTIST				
BOLINGBROOK HOSPITAL (HPH)	500 REMINGTON BLVD., SUITE 100	BOLINGBROOK	630-312-5901	630-312-6886
PT SOLUTIONS BOLINGBROOK (HPH)	319 NORTH BOLINGBROOK DRIVE	BOLINGBROOK	630-856-2600	630-856-2634
ATHLETICO	140 E BOUGHTON RD	BOLINGBROOK (EAST)	630-783-2438	630-739-2589
ATI	218 N BOLINGBROOK DR	BOLINGBROOK (EAST)	630-972-1541	630-972-1571
ATI	329 REMINGTON BLVD, SUITE 200	BOLINGBROOK (SOUTH)	630-226-1380	630-679-0326
ATI	313 N WEBER RD	BOLINGBROOK (WEST)	630-771-0850	630-771-0852
ATHLETICO	1256 W. BOUGHTON RD.	BOLINGBROOK (WEST)	630-378-9420	630-378-9169
DOCTORS OF PHYSICAL THERAPY	726 S. WEBER ROAD, SUITE 101	BOLINGBROOK	630-434-0271	630-515-1536
ATHLETICO	215 N CONVENT ST, SUITE 6	BOURBONNAIS	815-928-8357	815-929-0492
ATI	110 MOONEY DR, SUITE 5	BOURBONNAIS	815-936-0611	815-936-0564
ATI	1275 N. CONVENT ST., SUITE 3	BOURBONNAIS	815-936-1855	815-936-6097
ATI	400 S. KENNEDY DR., SUITE 500 (HAND)	BRADLEY	815-936-0400	815-936-0416
ATI	8811 S. HARLEM AVE.	BRIDGEVIEW	708-741-4080	708-978-3042
ATI	7000 BROADVIEW VILLAGE SQUARE	BROADVIEW	708-865-5742	708-865-5744
ATHLETICO	18000-P BLUEMOUND RD.	BROOKFIELD, WI	262-879-0010	262-879-9781
ATHLETICO	1156 W LAKE COOK RD	BUFFALO GROVE	847-520-7264	847-520-7290
ATHLETICO	601 DEERFIELD PKWY	BUFFALO GROVE (FITNESS CENTER)	847-215-0022	847-465-1663
ATI	7708 S. CICERO AVE.	BURBANK	708-741-5974	708-346-9623
ACHIEVE	7055 HIGH GROVE BLVD.	BURR RIDGE	630-371-1623	630-731-1546
ATI	120 BURR RIDGE PARKWAY	BURR RIDGE	630-570-5025	630-601-2000
THERACORE	FIVE SEASONS SPORTS CLUB, 6901 S. MADISON ST.	BURR RIDGE	630-590-5409	630-590-5783
ATHLETICO	912 S RANGELINE RD, SUITE 160	CARMEL, IN	317-815-9288	
ATI	27 S. WESTERN, UNIT B	CARPENTERSVILLE	224-293-1200	847-551-3295
ACCELERATED REHAB CENTERS	503 THORNHILL RD	CAROL STREAM	630-653-1918	630-653-1928
ATI	327 GUNDERSEN DR, SUITE C	CAROL STREAM/WHEATON	630-784-3251	630-665-8188
DOCTORS OF PHYSICAL THERAPY	26 W 228 GENEVA RD.	CAROL STREAM/WINFIELD	630-434-0271	630-515-1536
ATHLETICO	732 NORTHWEST HWY.	CARY	847-462-0780	847-462-0755
ATHLETICO	1612 S. NEIL ST, UNIT A	CHAMPAIGN	217-355-1961	217-355-1963
ATHLETICO	25445 PHEASANT LN, UNIT H - NEWSOME PT	CHANNAHON	815-521-0111	8151-521-0222
SPORTHO	6921 W ARCHER AVE	CHICAGO	773-586-2768	773-586-2780
ATHLETICO	4835 N. KEDZIE AVE.	CHICAGO (ALBANY PARK)	773-596-5500	773-596-5501
ATHLETICO	5545 N CLARK ST	CHICAGO (ANDERSONVILLE NORTH)	773-989-9620	773-989-8346
ATHLETICO	5033 N. CLARK ST.	CHICAGO (ANDERSONVILLE SOUTH)	773-561-6716	773-561-6824
ATI	4620 N CLARK ST	CHICAGO (ANDERSONVILLE)	773-728-2690	773-728-2692
ATHLETICO	200 E. RANDOLPH DR., SUITE 1L-9	CHICAGO (AON CENTER)	312-861-0751	312-861-0761
ATI	4307 S. PULASKI ROAD	CHICAGO (ARCHER HEIGHTS)	773-916-4673	773-847-7868
ATI	3233 W ADDISON ST	CHICAGO (AVONDALE)	773-478-0496	773-478-1251
ATHLETICO	2304 W 95TH ST	CHICAGO (BEVERLY)	773-233-9570	773-233-9607

PHYSICAL THERAPY LOCATIONS

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NAME	ADDRESS	CITY	PHONE	FAX
ATI	9645 S WESTERN	CHICAGO (BEVERLY)	773-239-2734	773-239-2784
ATI	6560 W FULLERTON AVE	CHICAGO (BRICKTOWN)	773-745-0338	773-745-0682
ATHLETICO	2620 N NARRAGANSETT AVE, SUITE B7	CHICAGO (BRICKYARD)	773-237-7274	773-237-7302
ATHLETICO	558 W. 35TH ST.	CHICAGO (BRIDGEPORT EAST)	773-451-0200	773-451-0700
ATHLETICO	3454 S HALSTED ST	CHICAGO (BRIDGEPORT WEST)	773-254-5250	773-254-5251
ATI	3008 S HALSTED ST, SUITE 116	CHICAGO (BRIDGEPORT)	312-842-1205	312-842-1356
ATHLETICO	1644 N MILWAUKEE AVE	CHICAGO (BUCKTOWN)	773-252-2300	773-252-2319
ATHLETICO	8658 S COTTAGE GROVE, UNIT 400	CHICAGO (CHATHAM CENTRAL)	773-723-1270	773-723-1280
ATHLETICO	1747 E 95TH ST	CHICAGO (CHATHAM SOUTH)	773-375-8711	773-375-8703
ATHLETICO	8301 S. HOLLAND RD., UNIT A	CHICAGO (CHATHAM WEST)	773-874-6650	773-874-6680
ATI	3542 E. 118TH ST.	CHICAGO (EAST SIDE)	773-435-9020	773-646-0445
NOVACARE REHAB	5221-23 N. BROADWAY	CHICAGO (EDGEWATER-ANDERSONVILLE)	773-784-9406	773-784-94041
ATI	805 DAVIS ST, SUITE 116	CHICAGO (EVANSTON)	847-864-1535	847-864-1537
ATHLETICO	24 E CHICAGO AVE	CHICAGO (GOLD COAST)	312-951-9700	312-951-6989
ATI	1111 E. 87TH ST., SUITE 600	CHICAGO (GREENWOOD PLAZA)	773-221-0603	773-221-0607
ATHLETICO	1644 E. 53RD ST	CHICAGO (HYDE PARK EAST)	773-241-6450	773-241-6501
ATHLETICO	5230 S BLACKSTONE	CHICAGO (HYDE PARK)	773-256-1475	773-256-1481
ATI	1340 E. 47TH ST.	CHICAGO (HYDE PARK)	773-496-5147	872-215-9417
NOVACARE REHAB	1525 E. 55TH ST., SUITE 305	CHICAGO (HYDE PARK)	773-667-8800	773-667-7098
ATI	5226 N. NORTHWEST HIGHWAY	CHICAGO (JEFFERSON PARK)	708-669-2493	773-272-9145
ATHLETICO	3229 N BROADWAY	CHICAGO (LAKEVIEW EAST)	773-871-4538	773-871-4895
REACT PHYSICAL THERAPY	333 EAST BENTON PLACE, SUITE 108	CHICAGO (LAKEVIEW EAST)	312-929-3646	312-275-8499
ATHLETICO	1246 W BELMONT	CHICAGO (LAKEVIEW WEST)	773-888-5480	773-888-5481
ATI	3011 N. CLARK ST.	CHICAGO (LAKEVIEW)	773-661-0240	773-289-1541
IMPACT PHYSICAL THERAPY	3420 N. LINCOLN AVE.	CHICAGO (LAKEVIEW)	773-360-7287	773-570-4843
NOVACARE REHAB	3240 N. HALSTED	CHICAGO (LAKEVIEW)	773-281-4220	773-281-4228
ATI	939 W NORTH AVE.	CHICAGO (LINCOLN PARK)	312-951-1952	312-951-1953
NOVACARE REHAB	1002 W. DIVERSEY PKWAY	CHICAGO (LINCOLN PARK)	773-248-2578	773-248-2599
REVOLUTION PT & WEIGHT LOSS	1436 W. FULLERTON	CHICAGO (LINCOLN PARK)	312-651-6256	312-778-5255
REACT PHYSICAL THERAPY	1520 NORTH DAYTON STREET	CHICAGO (LINCOLN PARK)	312-243-9350	773-913-0602
NOVACARE REHAB	2235 N. SHEFFIELD RD, ROOM 120	CHICAGO (LINCOLN PARK-DEPAUL)	773-525-4966	773-525-4976
ATHLETICO	2400 N SHEFFIELD	CHICAGO (LINCOLN PARK EAST)	773-281-7991	773-281-2590
ATHLETICO	1323 W DIVERSEY PKWY	CHICAGO (LINCOLN PARK NORTH)	773-549-2520	773-549-2743
NOVACARE REHAB	939 W. NORTH AVE	CHICAGO (LINCOLN PARK-SHEFFIELD)	312-337-3673	312-337-4903
ATHLETICO	1953 N CLYBOURN AVE, UNIT S	CHICAGO (LINCOLN PARK SOUTH)	773-871-3100	773-871-7388
NOVACARE REHAB	4657 LINCOLN AVE	CHICAGO (LINCOLN SQUARE)	773-989-6472	773-989-6754
ATHLETICO	2820 W ARMITAGE SUITE 4	CHICAGO (LOGAN SQUARE)	773-394-0796	773-394-3342
NOVACARE REHAB	2569 W. FULLERTON AVE	CHICAGO (LOGAN SQUARE)	773-252-4921	773-252-5067
ATHLETICO	20 N MICHIGAN AVE, SUITE 103	CHICAGO (LOOP MICHIGAN AVE.)	312-236-0660	312-236-1219
ATHLETICO	130 E. RANDOLPH ST., SUITE C-47	CHICAGO (LOOP PRUDENTIAL BUILDING)	312-379-0000	312-379-0001

PHYSICAL THERAPY LOCATIONS

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NAME	ADDRESS	CITY	PHONE	FAX
ADVANCED REHAB CLINIC	77 W WACKER, MEZZANINE 3	CHICAGO (LOOP)	312-201-0467	312-201-0469
ATHLETICO	223 W. JACKSON BLVD., SUITE 225	CHICAGO (LOOP)	312-235-0700	312-235-0701
ATHLETICO	222 MERCHANDISE MART PLAZA, SUITE 951	CHICAGO (MERCHANDISE MART)	312-855-9206	312-855-9210
NOVACARE REHAB	111 N. WABASH ST, SUITE 1603	CHICAGO (LOOP-MILLENNIUM PARK)	312-346-2539	312-346-3698
NOVACARE REHAB	444 W. JACKSON, 2ND FLOOR	CHICAGO (LOOP-UNION STATION)	312-407-0143	312-407-0104
REVOLUTION PT & WEIGHT LOSS	205 N. WELLS	CHICAGO (LOOP)	312-957-8882	312-233-2345
IMPACT PHYSICAL THERAPY	1103 S. SATE STREET, SUITE 300	CHICAGO (LOOP) -SOUTH	312-877-5101	312-877-5906
ATI	326 N MICHIGAN AVE., SUITE 324	CHICAGO (MICHIGAN AVE)	312-229-5271	312-578-0795
ATHLETICO	4412 S PULASKI	CHICAGO (MIDWAY)	773-847-3123	773-847-3778
ATI	5616 W 63RD ST	CHICAGO (MIDWAY)	773-526-5239	773-526-5240
NOVACARE REHAB	5322 S. ARCHER AVE	CHICAGO (MIDWAY)	773-585-0430	773-585-0575
ATHLETICO	6255 S ARCHER AVE	CHICAGO (MIDWAY/GARFIELD RIDGE)	773-284-6735	773-284-6820
ATHLETICO	3644 W 111TH ST	CHICAGO (MT. GREENWOOD/BEVERLY)	773-779-8480	773-779-8404
ATI	3220 W. 115TH ST.	CHICAGO (MT. GREENWOOD)	773-344-3142	773-344-9530
ATHLETICO	2837 W IRVING PARK RD	CHICAGO (NORTH CENTER)	773-463-0249	773-463-0733
ATHLETICO	221 N LASALLE	CHICAGO (NORTH LOOP)	312-855-9206	312-855-9210
ATHLETICO	5240 N PULASKI RD, SUITE N	CHICAGO (NORTH PARK)	773-267-6922	773-267-6925
ATI	6105 N LINCOLN AVE	CHICAGO (NORTH PARK)	773-279-0927	773-279-0951
ATHLETICO	500 W. MADISON ST.	CHICAGO (OGILVIE STATION)	312-863-4900	312-863-4901
ADVANCED REHAB CLINIC	8750 W BRYN MAWR, TRIANLE PLAZA	CHICAGO (O'HARE)	773-864-9452	773-864-9448
NOVACARE REHAB	8600 W. CATALPA AVE., SUITE 708	CHICAGO (O'HARE)	773-693-2121	773-693-7148
ATHLETICO	1640 N WELLS, SUITE 105	CHICAGO (OLD TOWN)	312-642-8114	312-642-8504
ATHLETICO	1645 W. 18TH ST.	CHICAGO (PILSEN)	312-666-4030	312-666-4031
ATHLETICO	4080 N MILWAUKEE AVE	CHICAGO (PORTAGE PARK)	773-545-1153	773-545-1568
ATI	3858 N. CICERO AVE.	CHICAGO (PORTAGE PARK)	773-355-5407	773-272-9144
ATHLETICO	500 N KINGSBURY ST (EAST BANK CLUB)	CHICAGO (RIVER NORTH)	312-527-5801	312-644-4567
NOVACARE REHAB	1214 W. LOYOLA CT.	CHICAGO (ROGERS PARK-LOYOLA UNIV.)	773-274-1769	773-274-1937
ATHLETICO	1746 W ADDISON, UNIT 1	CHICAGO (ROSCOE VILLAGE)	773-770-2000	773-770-2001
ATI	3641 N. WESTERN AVE.	CHICAGO (ROSCOE VILLAGE)	773-661-0426	773-839-0100
ATHLETICO	4008 N CICERO AVE	CHICAGO (SIX CORNERS)	773-481-0540	773-481-0558
NOVACARE REHAB	2930 S. MICHIGAN AVE.	CHICAGO (SOUTH)	312-842-3919	312-842-3914
ATHLETICO	1915 S ARCHER AVE	CHICAGO (SOUTH LOOP)	312-674-9132	312-674-9392
ATHLETICO	1509 S MICHIGAN	CHICAGO (SOUTH LOOP)	312-431-0434	312-431-0511
ATI	1226 S CANAL ST	CHICAGO (SOUTH LOOP)	312-733-8958	312-733-9447
NOVACARE REHAB	1151 S. STATE ST	CHICAGO (SOUTH LOOP)	312-583-1220	312-583-1225
REACT PHYSICAL THERAPY	1550 S. INDIANA AVE., SUITE 100	CHICAGO (SOUTH LOOP)	773-505-0584	773-913-0602
ATHLETICO	150 E HURON, SUITE 700	CHICAGO (STREETERVILLE)	312-640-1112	312-640-1011
NOVACARE REHAB	150 E. HURON, SUITE 803	CHICAGO (STREETERVILLE)	312-640-2473	312-640-2475
REVOLUTION PT & WEIGHT LOSS	845 N. MICHIGAN AVE., PROFFESIONAL SUITE 973W	CHICAGO (STREETERVILLE)	312-651-6255	312-778-5255
ATHLETICO	67 W. JACKSON BLVD., UNIT 175	CHICAGO (UNION LEAGUE CLUB)	312-386-1100	312-386-1200

PHYSICAL THERAPY LOCATIONS

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NAME	ADDRESS	CITY	PHONE	FAX
ATHLETICO	1723 W. MADISON ST.	CHICAGO (UNITED CENTER)	312-432-0900	312-432-0922
DOCTORS OF PHYSICAL THERAPY	929 W. FOSTER AVE.	CHICAGO (UPTOWN)	630-4343-0271	630-515-1536
ATHLETICO	405 N. WABASH AVE.	CHICAGO (WASASH & KINZIE)	312-527-5560	312-527-9360
ATI	2850 S. WABASH AVE.	CHICAGO (WABASH)	312-837-1705	312-265-1816
ATHLETICO	24 S. MORGAN ST., SUITE 100	CHICAGO (WEST LOOP)	312-421-7274	312-421-7289
ATI	1301 W. MADISON ST.	CHICAGO (WEST LOOP)	312-881-5800	312-243-2182
ATI	600 W. VAN BUREN ST., SUITE 106	CHICAGO (WEST LOOP)	312-268-6050	312-258-0335
NOVACARE REHAB	10 S. CLINTON ST	CHICAGO (WEST LOOP)	312-234-9958	312-234-9962
REACT PHYSICAL THERAPY	225 SOUTH SANGAMON STREET	CHICAGO (WEST LOOP)	312-243-9350	773-913-0602
ATHLETICO	2143 W DIVISION ST	CHICAGO (WICKER PARK)	773-489-0347	773-489-0386
NOVACARE REHAB	1751 W. DIVISION STREET, UNITE C-1E	CHICAGO (WICKER PARK)	773-278-9050	773-278-8932
ATI	1300 N ASHLAND AVE, SUITE G	CHICAGO (WICKER PARK/BUCKTOWN)	773-252-6227	773-252-6927
REVOLUTION PT & WEIGHT LOSS	2216 W. NORTH AVE.	CHICAGO (WICKER PARK)	312-586-1184	312-586-1186
ATHLETICO	3922 N. SHERIDAN RD.	CHICAGO (WRIGLEYVILLE NORTH)	773-327-0040	773-327-0050
NOVACARE REHAB	3657 N. PINE GROVE AVE.	CHICAGO (WRIGLEYVILLE-EAST LAKEVIEW)	773-248-3401	773-248-3529
CORE PHYSICAL THERAPY	79 W. MONROE ST., SUITE 919	CHICAGO	773-999-9825	224-441-7701
CORE PHYSICAL THERAPY	212 N. CARPENTER ST., Suite B	CHICAGO (WEST LOOP)	773-999-9741	773-453-4163
CORE PHYSICAL THERAPY-FIT PRO WEST	564 W. JACKSON BLVD.	CHICAGO	872-205-6130	872-228-9137
CORE PHYSICAL THERAPY	3938 W. 111TH ST., SUITE 1B	CHICAGO (SOUTH)	773-840-5060	773-453-4020
TEAM REHABILITATION PT	2727 N. CLARK ST.	CHICAGO	773-969-4790	773-969-4811
ATHLETICO	1621 S CICERO AVE	CICERO	708-652-1621	708-652-1785
ATHLETICO	1003 E DIVISION ST - NEWSOME PT	COAL CITY	815-634-8446	815-634-8461
ATI	4131 W. 167TH ST.	COUNTRY CLUB HILLS	708-365-5507	708-647-1167
ATHLETICO	6502 W JOLIET RD, SUITE B	COUNTRYSIDE	708-352-0547	708-352-1535
ATI	705 W PLAINFIELD RD, SUITE 1	COUNTRYSIDE	708-352-1362	708-352-1365
ATHLETICO	16139 S WEBER RD - NEWSOME PT	CREST HILL	815-836-3403	815-836-3404
ATI	1701 N. LARKIN AVE.	CREST HILL	815-893-8300	815-729-9105
ATHLETICO	13614 S CICERO AVE	CRESTWOOD	708-389-3077	708-389-3545
ATHLETICO	300 E. 109TH AVE.	CROWN POINT, IN	219-662-2400	219-662-2450
TEAM REHABILITATION PT	856 N. SUPERIOR DR.	CROWN POINT, IN	219-213-3942	219-213-3943
ATHLETICO	781 MCHENRY AVE, SUITE C	CRYSTAL LAKE	815-455-7800	815-455-1299
ATHLETICO	360 STATION DR, SUITE 250	CRYSTAL LAKE	815-356-1750	815-356-1755
ATI	5005 NORTHWEST HWY., SUITE 105	CRYSTAL LAKE	779-220-5150	815-459-6824
NOVACARE REHAB-- PEDIATRIC CARE	1095 PINGREE RD., SUITE 209	CRYSTAL LAKE	847-458-8890	847-458-8889
ATHLETICO	2 E MAIN ST, SUITE 102	DANVILLE	217-709-9000	217-709-9001
ATI	7511 LEMONT RD, SUITE 204	DARIEN	630-985-4010	630-985-4056
ATHLETICO	329 W 75TH ST	DARIEN	630-789-0004	630-789-0095
ATHLETICO	3004 N WATER ST, SUITE C	DECATUR	217-233-0030	217-233-0031
ATHLETICO	43 N WAUKEGAN RD	DEERFIELD/NORTHBROOK	847-498-1886	847-498-5090
REACT PHYSICAL THERAPY	710 ROBERT YORK AVE.	DEERFIELD	312-720-6784	224-284-2910

PHYSICAL THERAPY LOCATIONS

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NAME	ADDRESS	CITY	PHONE	FAX
ATHLETICO	2337 SYCAMORE RD.	DEKALB	815-748-1555	815-748-1101
ATI	2121 SYCAMORE RD.	DEKALB	815-517-9083	815-517-9024
TEAM REHABILITATION PT	115 E. MAIN ST.	DELPHI, IN	765-626-0540	765-626-0541
ATHLETICO	1479 S LEE ST	DES PLAINES	847-229-7470	847-299-7560
ATI	1469 ELLINWOOD AVE	DES PLAINES	847-635-6896	847-635-6987
ATI	2595 E. DIVISION ST.	DIAMOND	815-634-8420	815-634-8430
ADVOCATE/GOOD SAM	HEALTH AND WELLNESS	DOWNERS GROVE	630-275-2700	630-275-1219
ADVOCATE/GOOD SAM	PHYSICAL AND OCCUPATIONAL THERAPY	DOWNERS GROVE	630-275-2700	630-275-1219
ATHLETICO	1626 OGDEN AVE	DOWNERS GROVE	630-724-0977	630-724-0978
ATI	939 BURLINGTON AVE	DOWNERS GROVE	630-963-8505	630-963-8495
ATI	336-338 W. OGDEN AVE.	DOWNERS GROVE	630-437-5428	630-324-9454
BE FIT PHYSICAL THERAPY	1043 CURTISS ST, SUITE 4	DOWNERS GROVE	630-964-4008	630-964-4117
ADVENTIST CHIPPEWA VALLEY	1220 THIRD AVE WEST	DURAND, WI	715-672-4211	
ATI	108 WATTERS DR.	DWIGHT	815-584-5411	815-584-4803
ATHLETICO	425 U.S. ROUTE 30, SUITE 320	DYER, IN	219-864-0290	219-864-0376
ATHLETICO	1 EASTSIDE DR	EAST PEORIA	309-694-7561	309-694-8708
ATHLETICO	1047 CENTURY DR - PROREHAB	EDWARDSVILLE	618-307-3434	617-307-3435
ATHLETICO	1053 N. MAIN ST., SUITE 200	ELBURN	630-365-2400	630-365-2401
ATHLETICO	795 SUMMIT ST.	ELGIN	847-289-6500	847289-6700
ATI	1710 N. RANDALL ROAD, SUITE 700	ELGIN	847-760-4060	847-289-6066
ATI	1975 LIN LOR LANE, PLAZA SUITE	ELGIN (ST. JOSEPH MEDICAL CENTER)	847-468-6098	847-468-6095
ATI	2350 ROYAL BLVD, SUITE 700	ELGIN	847-931-2213	847-931-3683
ATI	841 S. RANDALL RD	ELGIN	224-856-4448	847-608-0974
TEAM REHABILITATION PT	365 S. RANDALL RD.	ELGIN	847-930-5950	847-930-5951
NOVACARE REHAB	891 S. RANDALL RD.	ELGIN	847-742-7772	847-742-7782
DOCTORS OF PHYSICAL THERAPY	1435 N. RANDALL RD., SUITE 105	ELGIN	847-214-1305	847-214-1364
ATHLETICO	990 ELK GROVE TOWN CENTER	ELK GROVE VILLAGE	847-290-1111	630-290-1065
ATI	925 MEACHAM RD	ELK GROVE VILLAGE	847-923-6858	847-923-6859
DOCTORS OF PHYSICAL THERAPY	1000 WELLINGTON, 2ND FL.	ELK GROVE VILLAGE	847-437-7070	847-737-1080
ADVANCED REHAB CLINIC	533 W NORTH AVE, SUITE 202	ELMHURST	630-832-6919	630-832-6928
ATHLETICO	111 W THIRD ST	ELMHURST	630-415-3040	630-415-3043
ATI	684 W NORTH AVE	ELMHURST	630-617-5489	630-617-5723
ATI	183 ADDISON AVE.	ELMHURST	630-279-0404	630-279-4690
ATI	300 W. BUTTERFIELD RD.	ELMHURST	630-834-0478	630-834-1677
NOVACARE REHAB	275 N YORK RD	ELMHURST	630-279-4852	630-279-5283
DOCTORS OF PHYSICAL THERAPY	360 BUTTERFIELD RD., SUITE 315	ELMHURST	630-833-9446	630-833-9680
NOVACARE REHAB	7814 W. NORTH AVE.	ELMWOOD PARK	708-456-2322	708-456-2395
ATHLETICO	909 DAVIS ST, SUITE 220	EVANSTON	847-733-7906	847-733-8405
ATI	805 DAVIS STREET	EVANSTON	847-864-1535	847-864-1537
ATHLETICO	1629 CHICAGO AVE	EVANSTON (EAST)	847-475-1630	847-475-1631

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NAME	ADDRESS	CITY	PHONE	FAX
DOCTORS OF PHYSICAL THERAPY	2500 RIDGE AVE., SUITE 110	EVANSTON	630-434-0271	630-515-1536
ATHLETICO	5300 N ILLINOIS, SUITE 101 - PRO REHAB	FAIRVIEW HEIGHTS	618-624-9300	618-624-9330
TEAM REHABILITATION PT	9885 E. 116TH ST., SUITE 400	FISHERS, IN	317-813-4770	317-813-4771
ATI	800 S DES PLAINES AVE	FOREST PARK	708-366-2442	708-366-0179
ATHLETICO	1294 S ROUTE 12	FOX LAKE	847-973-9440	847-973-9442
ATI	19552 S HARLEM AVE	FRANKFORT	815-464-3525	815-464-4397
ATI	43 W. BANKVIEW DRIVE	FRANKFORT	815-469-6676	815-469-1889
PERFORMANCE PT CENTERS	20535 LAGRANGE RD	FRANKFORT	815-469-6676	815-469-1889
ATHLETICO	9120 W. LOOMIS RD., SUITE 200	FRANKLIN, WI	414-448-4100	414-281-1381
ATHLETICO	4749 S. 76TH ST.	GREENFIELD, WI	414-281-1380	414-281-1381
ATHLETICO	3229 BROADWAY	GARY, IN	219-980-0167	219-980-0198
ATI	1002 COMMONS DR	GENEVA	630-208-7831	630-208-9033
ATI	2535 SODERQUIST RD	GENEVA (NORTH)	630-397-4000	630-938-4099
ATI	2525 KANEVILLE RD	GENEVA (SOUTH)	630-584-1411	630-262-0091
IVY REHAB PHYSICAL THERAPY	2700 Keslinger Rd. - Suite C	GENEVA	630-262-2633	630-262-2643
NOVACARE REHAB	1188 E. STATE ST.	GENEVA	630-208-9965	630-208-9968
ATHLETICO	1214 ROOSEVELT RD.	GLEN ELLYN	630-827-0000	630-827-0001
ATI	460 ROOSEVELT RD	GLEN ELLYN	630-858-8484	630-858-9006
REVOLUTION PT & WEIGHT LOSS	720 ROOSEVELT RD.	GLEN ELLYN	630-984-2200	630-984-2051
ADVENTIST GLENOAKS HOSPITAL	701 WINTHROP AVE	GLENDALE HEIGHTS	630-545-8000	
ATHLETICO	1500 WAUKEGAN, SUITE 250 (CARILLON SQ)	GLENVIEW	847-657-9445	847-657-9450
REVOLUTION PT & WEIGHT LOSS	2200 WAUKEGAN RD.	GLENVIEW	847-752-0006	847-999-4172
ATHLETICO	1860 BELVIDERE RD (COUNTRY FAIRE PLAZA)	GRAYSLAKE	847-548-0360	847-548-0716
ATHLETICO	3430 GRAND AVE, UNIT 400	GURNEE (NORTH)	847-782-9860	847-782-9866
ATHLETICO	30 TOWER COURT, SUITE A	GURNEE (SOUTH)	847-336-1520	847-336-1098
ATI	7055 GRAND AVE., SUITE 4C	GURNEE	224-321-5596	847-855-0860
NOVACARE REHAB	15 TOWER COURT, SUITE 235	GURNEE	847-336-7468	847-336-3923
ATHLETICO	1940 165TH ST., SUITE 800	HAMMOND, IN	219-803-3880	219-803-3381
ATHLETICO	3330 W 177TH ST, SUITE 2A	HAZEL CREST	708-249-8346	708-957-5465
ATI	3330 W. 177TH ST.	HAZEL CREST	708-249-8347	708-249-8348
ATI	9638 S. ROBERTS RD, Unit B36	HICKORY HILLS	708-237-4270	708-237-4272
ATHLETICO	1980 SECOND ST.	HIGHLAND PARK	847-681-8720	847-681-9020
IVY REHAB PHYSICAL THERAPY	799 Central Ave. - Suite 210	HIGHLAND PARK	847-748-8870	847-748-8707
ACCELERATED REHAB CENTERS	21 ROUTE 41	HIGHLAND/SCHERERVILLE, IN	219-923-4832	219-923-4838
IMPACT PHYSICAL THERAPY	777 N. YORK RD., UNIT 11	HINSDALE	630-819-8384	630-468-0605
IVY REHAB PHYSICAL THERAPY	100 CHESTNUT STREET	HINSDALE	708-268-7901	630-481-7352
PHYSICAL THERAPY AND REHAB	119 E OGDEN AVE, SUITE 110	HINSDALE	630-325-2664	630-325-2706
PT SOLUTIONS AT PAULSON PEDIATRICS				
(HPH)	222 EAST OGDEN AVE.	HINSDALE	630-856-2600	630-856-2634
ADVENTIST MIDWEST HEALTH	HINSDALE HOSPITAL, 120 N OAK ST	HINSDALE	630-856-7900	630-856-7938

PHYSICAL THERAPY LOCATIONS

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NAME	ADDRESS	CITY	PHONE	FAX
ATI	1407 S. LAKE PARK AVE.	HOBART, IN	219-947-3637	219-947-5267
ATHLETICO	5050 SEDGE BLVD	HOFFMAN ESTATES (PRAIRIE STONE SPTS)	847-645-9673	847-645-9676
ATI	14035 S. BELL RD	HOMER GLEN	708-645-0423	708-645-0428
FUNCTIONAL THERAPY	14301 GOLDEN OAK DR	HOMER GLEN	630-645-7700	630-645-7702
ATHLETEX	4114 SOUTHWEST HIGHWAY	HOMETOWN	708-424-4047	708-424-4591
ATI	8735 S. MERRION LANE	HOMETOWN	708-658-6447	708-658-6451
ATHLETICO	17751 S. HALSTED ST.	HOMEWOOD	708-249-8346	708-957-5465
ATI	18237 S. KEDZIE	HOMEWOOD	708-957-1868	708-957-1925
HEALTH SOUTH	17901 GOVERNORS HIGHWAY	HOMEWOOD	708-957-5304	
ATHLETICO	12360 PRINCETON DR., UNIT A	HUNTLEY	847-961-5500	847-961-5588
ATI	12112 S. ROUTE 47	HUNTLEY	847-802-5312	847-669-1859
TEAM REHABILITATION PT	1081 BROAD RIPPLE AVE.	INDIANAPOLIS, IN	317-808-0350	317-808-0349
TEAM REHABILITATION PT	7424 SHADELAND STATION WAY	INDIANAPOLIS, IN (NORTHEAST)	317-912-4620	317-912-4621
TEAM REHABILITATION PT	8628 PURDUE RD.	INDIANAPOLIS, IN (NORTHWEST)	317-677-0660	317-667-0640
TEAM REHABILITATION PT	1992 E. STOP 13 RD.	INDIANAPOLIS, IN (SOUTH)	317-808-0230	317-808-0231
TEAM REHABILITATION PT	6640 PARKDALE PLACE, SUITE T	INDIANAPOLIS, IN (WEST)	317-808-7070	317-808-7073
ATHLETICO	510 AUBURN DR, SUITE B	ISLAND LAKE	847-487-4609	847-487-4917
ATI	3082 CATON FARM RD	JOLIET	815-577-9936	815-577-9938
ATI	3000W. JEFFERSON ST. (INWOOD ATHLETIC CLUB)	JOLIET	815-553-2340	815-846-2952
HINSDALE ORTHOPAEDIC	951 ESSINGTON RD	JOLIET	815-744-4551	815-744-4756
MIDWEST HAND CARE	823 129TH INFANTRY DR, SUITE 104	JOLIET	815-729-2999	815-720-1950
PROVENA ST JOSEPH	2400 GLENWOOD AVE (REHAB AND SPORTS)	JOLIET	815-741-7114	
PROVENA ST JOSEPH	18622 S ROUTE 59 (INDUSTRIAL REHAB CENTER)	JOLIET	815-436-4545	
SILVER CROSS HOSPITAL	1051 ESSINGTON RD	JOLIET	815-744-4559	
ATHLETICO	401 N MADISON - NEWSOME PT	JOLIET (SOUTH)	815-744-4660	815-744-7471
ATI	2320 W JEFFERSON ST	JOLIET (SOUTH)	815-741-3758	815-741-3974
ATHLETICO	2793 BLACK RD.	JOLIET (WEST)	815-725-9134	815-725-9190
ATHLETICO	3 MEADOWVIEW CENTER	KANKAKEE	815-932-7787	815-932-7895
ATHLETICO	554-B GREEN BAY RD	KENILWORTH	847-256-3500	847-256-3513
ATHLETICO	6926 39TH AVE. STUIE 100, AQUATIC CENTER	KENOSHA, WI	262-942-0163	262-697-1576
ATHLETICO	5708-B 75TH ST	KENOSHA (CENTRAL), WI	262-697-9135	262-697-9175
ATHLETICO	3601 30TH AVE., SUITE 103	KENOSHA (NORTH), WI	262-657-7071	262-657-0632
ATHLETICO	3701 80TH ST.	KENOSHA (SOUTH), WI	262-697-1730	262-697-5290
ATI	1 N. LA GRANGE RD., UNIT 2-C	LA GRANGE	708-698-5680	708-482-7230
PT SOLUTIONS AT PAULSON GRANGE (HPH) LA				
NOVACARE REHAB--PEDIATRIC CARE	5101 S WILLOW SPRINGS RD	LA GRANGE	708-245-7900	708-245-5690
ATHLETICO	18 N. CATHERINE	LA GRANGE	708-482-9453	708-482-9454
ATHLETICO	407 N. LA GRANGE RD.	LA GRANGE PARK	708-482-9320	708-482-9760
ATHLETICO	2338 N. U.S. 35	LA PORTE, IN	219-325-0060	219-324-9919
ATHLETICO	320 5TH ST	LACON	309-554-0072	309-246-2199

PHYSICAL THERAPY LOCATIONS

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NAME	ADDRESS	CITY	PHONE	FAX
ATHLETICO	233 WAUKEGAN RD	LAKE BLUFF	847-735-8104	847-735-8231
ATHLETICO	225 E DEERPATH RD, SUITE 130	LAKE FOREST	847-482-1433	847-482-1483
ATHLETICO	902 S. WELLS ST.	LAKE GENEVA, WI	262-249-1915	262-249-1937
ATHLETICO	280 N RANDALL RD	LAKE IN THE HILLS	847-854-8219	847-854-8278
NOVACARE REHAB	411 N. RANDALL RD., SUITE F	LAKE IN THE HILLS	847-854-9754	847-658-8185
ATHLETICO	542-546 N. RAND RD.	LAKE ZURICH	847-438-6624	847-438-6623
ATI	573 W. ROUTE 22	LAKE ZURICH	847-7986-3320	847-796-3342
IVY REHAB PHYSICAL THERAPY	712 S. RAND RD.	LAKE ZURICH	847-550-4580	847-847-1946
NOVACARE REHAB	884 S. RAND RD.	LAKE ZURICH	847-726-8456	847-726-8462
ATHLETICO	17045 TORRENCE AVE.	LANSING	708-418-3580	708-418-3931
ATI	16819 TORRENCE AVE.	LANSING	708-394-5215	708-474-3853
ADVOCATE/GOOD SAM OUT PATIENT	15900 W 127TH ST	LEMONT	630-243-7100	
ATHLETICO	15400 127TH ST, SUITE C	LEMONT	630-257-9787	630-257-9947
ATI	1212 STATE ST	LEMONT	630-296-3103	630-243-1203
MOMENTUM PT	15947 W 127TH ST	LEMONT	877-424-7820	866-964-8489
SILVER CROSS	15505 127TH ST	LEMONT	630-257-2265	
ATHLETICO	1352 S MILWAUKEE AVE	LIBERTYVILLE	847-549-1460	847-549-1490
ATI	1612 S. MILWAUKEE AVE.	LIBERTYVILLE	847-281-0323	847-984-0129
IVY REHAB PHYSICAL THERAPY	1260 American Way - Suite B	LIBERTYVILLE	224-433-6539	224-513-5277
NOVACARE REHAB--PEDIATRIC CARE	800 S. MILWAUKEE AVE., SUITE 220	LIBERTYVILLE	847-918-7947	847-918-9622
ATI	900 MILWAUKEE AVE.	LINCOLNSHIRE	847-415-8800	847-793-8467
ATHLETICO	6933 N LINCOLN AVE	LINCOLNWOOD	847-674-2294	847-674-2397
IVY REHAB PHYSICAL THERAPY	3021 Falling Waters Blvd - Suite B	LINDENHUST	847-356-2895	847-356-2919
ADVANCED REHAB CLINIC	4225 NAPERVILLE RD (CENTRAL PARK ATHLETIC)	LISLE	630-577-6920	630-577-6930
ATHLETICO	6200 RIVER BEND DR	LISLE	630-324-8243	630-324-8270
DOCTORS OF PHYSICAL THERAPY	1026 MAPLE AVE	LISLE	630-434-0271	630-515-1536
REACT PHYSICAL THERAPY	4225 NAPERVILLE ROAD, LOWER LEVEL 1	LISLE	773-505-8557	773-913-0602
TEAM REHABILITATION PT	4300 LINCOLN AVE., UNIT B	LISLE	630-281-2900	630-281-2901
ATHLETICO	1147 E 9TH ST	LOCKPORT	815-834-9901	815-834-9904
ATHLETICO	17130 S. PRIME BLVD.	LOCKPORT (BO DOME)	815-552-4600	815-552-4601
ATI	1065 E 9TH ST	LOCKPORT	815-588-1366	815-588-2010
OCCUSPORT	420 SUMMIT DR	LOCKPORT	815-834-9901	815-834-9904
THERACORE	16622 W. 159TH ST., SUITE 503	LOCKPORT	815-838-5070	815-838-5071
ATI	18 W 431 ROOSEVELT RD	LOMBARD	630-620-1580	630-620-1588
INDUSTRIAL REHAB ALLIES	818 OAK CREEK DR	LOMBARD	630-268-1045	630-268-1047
TEAM REHABILITATION PT	4092 RT. 83, UNIT G	LONG GROVE	847-307-5010	847-307-5011
ATHLETICO	4401 PEAK DR., SUITE 1	LOVES PARK (PEAK SPORTS CLUB)	815-668-7700	815-668-7701
ATHLETICO	1114 E. COMMERCIAL AVE.	LOWELL, IN	219-690-1048	219-690-1047
ATI	1419 WEST LANE RD., SUITE C	MACHESNEY PARK	815-997-1350	779-207-4310

PHYSICAL THERAPY LOCATIONS

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NAME	ADDRESS	CITY	PHONE	FAX
ATHLETICO	530 W NORTH ST, SUITE 101 - NEWSOME PT	MANHATTAN	815-478-7444	815-478-7447
ATHLETICO	300 S STATE ST	MARENGO	815-568-4550	815-568-5071
ATHLETICO	4749 LINCOLN MALL DR, SUITE 550	MATTESON	708-283-9765	708-283-9971
ATI	4555 W LINCOLN HIGHWAY	MATTESON	708-283-0021	708-283-0831
ATHLETICO	4249 LINCOLN HIGHWAY	MATTESON (EAST)	708-481-2323	708-481-3311
ATHLETICO	1728 N RICHMOND RD	MC HENRY (EAST)	815-578-8905	815-578-8904
ATHLETICO	1783 N. RICHMOND RD	MC HENRY (WEST)	815-385-0730	815-385-0572
ATI	1920 N. RICHMOND RD., SUITE A	MC HENRY	815-271-6811	815-344-8814
NOVACARE REHAB	372 BANK DRIVE	MC HENRY	815-344-1919	815-344-1963
ATHLETICO	2507 W NORTH AVE	MELROSE PARK	708-345-7193	708-345-9149
ATI	1360 WINSTON PLAZA	MELROSE PARK (WINSTON PARK)	708-483-0072	708-551-3982
DOCTORS OF PHYSICAL THERAPY	1440 W. NORTH AVE., SUITE 310	MELROSE PARK	708-865-8600	708-865-8661
ATHLETICO	5099 E 81ST	MERRILLVILLE, IN	219-791-0494	219-791-0490
ATHLETICO	123 SPRING CREEK RD. (EAST PEORIA)	METAMORA (GERMANTOWN HILLS)	309-383-4708	309-282-4801
ATHLETICO	544 E. OGDEN AVE. SUITE 200	MILWAUKEE (DOWNTOWN), WI	414-224-7834	414-224-7835
ATHLETICO	2615 N DOWNER AVE	MILWAUKEE (EAST), WI	414-962-4400	414-962-5674
ATHLETICO	1333 COLLEGE AVE., SUITE B	MILWAUKEE (SOUTH), WI	414-571-9146	414-571-9147
ATI	2081 S RIDGE RD, SUITE 101	MINOOKA	815-467-1612	815-467-1866
ATHLETICO	19843 WOLF RD	MOKENA	708-479-0320	708-479-3695
ATHLETICO	11334 W LINCOLN HIGHWAY, NEWSOME PT	MOKENA (SOUTH)	815-806-1455	815-806-1456
ATHLETICO	1036 W US ROUTE 6	MORRIS	815-416-1049	815-416-1040
ATI	201 E US ROUTE 6	MORRIS	815-416-0046	815-416-0150
ATI	1051 W US ROUTE 6, SUITE 400	MORRIS (WEST)	815-942-8301	815-942-8449
ATHLETICO	6759 DEMPSTER ST	MORTON GROVE	847-470-9995	847-470-9996
ATHLETICO	50 E NORTHWEST HIGHWAY	MOUNT PROSPECT	847-718-9201	847-718-9205
ATI	1 W RAND RD, UNIT A	MOUNT PROSPECT	847-590-5241	847-590-5248
NOVACARE REHAB	301 E. RAND RD.	MOUNT PROSPECT	847-398-1775	847-398-1988
ATHLETICO	1231 S. ROCHESTER ST., SUITE 210	MUKWONAGO, WI	262-710-9100	262-363-7798
ATHLETICO	1186 W. MAPLE AVE.	MUNDELEIN	847-970-7099	847-970-7719
ATHLETICO	8840 CALUMET AVE, SUITE 206	MUNSTER, IN	219-513-0092	219-513-0280
ATI	8317 CALUMET AVE.	MUNSTER, IN	219-924-3512	219-924-3524
ACHIEVE	1315 MACOM DR., SUITE 105	NAPERVILLE	630-369-8585	331-457-5749
PROVENA ST JOSEPH	24024 W BRANCASTER	NAPERVILLE	630-904-1220	
PT SOLUTIONS OF NAPERVILLE (HPH & WOMEN'S HEALTH)	2775 SHOWPLACE DRIVE, SUITE 101	NAPERVILLE	630-856-6475	630-637-8338
SRI	5091 ACE LANE, SUITE 103	NAPERVILLE	630-904-5530	630-904-5580
WSW AT ATI	2940 ROLLINGRIDE RD, SUITE 101	NAPERVILLE	630-527-0485	630-527-0917
ATHLETICO	115 E OGDEN AVE, SUITE 127	NAPERVILLE	630-637-0144	630-637-0145
ATHLETICO	1739 FREEDOM DR, SUITE 101	NAPERVILLE	630-779-0122	630-779-0084
ATI (WOMEN'S HEALTH)	2940 ROLLINGRIDGE RD, SUITE 100	NAPERVILLE	630-369-4771	630-369-6127

PHYSICAL THERAPY LOCATIONS

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NAME	ADDRESS	CITY	PHONE	FAX
NOVACARE REHAB--PEDIATRIC CARE	1804 CENTER POINT CIRCLE	NAPERVILLE	630-955-1940	630-955-1944
DOCTORS OF PHYSICAL THERAPY	504 N. ROUTE 59, SUITE 124	NAPERVILLE (NORTH)	630-434-0271	630-515-1536
ATI	1212 S. NAPER BLVD., SUITE 104	NAPERVILLE (EAST)	630-369-2340	630-369-2859
MOMENTUM PT	1512 N NAPER BLVD	NAPERVILLE (EAST)	630-449-5220	630-449-5221
ATI	790 ROYAL ST. GEORGE DR., SUITE 124	NAPERVILLE	630-355-5255	630-355-5207
ATHLETICO	2272 W 95TH ST, SUITE 300	NAPERVILLE (SOUTH)	630-428-1503	630-428-1542
ATHLETICO	3344 S ROUTE 59, SUITE 100	NAPERVILLE (SOUTH)	630-778-9880	630-778-9897
DOCTORS OF PHYSICAL THERAPY	2547 PLAINFIELD/NAPERVILLE RD., SUITE 152	NAPERVILLE (SOUTH)	630-434-0271	630-515-1536
MOMENTUM PT	1316 N ROUTE 59	NAPERVILLE (WEST)	630-778-8507	630-778-8508
ATHLETICO	1938 E. LINCOLN HIGHWAY, SUITE 111	NEW LENOX	815-485-2916	815-485-2918
ATHLETICO	412 NELSON RD - NEWSOME PT	NEW LENOX	815-462-1333	815-362-1360
HINSDALE ORTHOPAEDIC	1870 SILVER CROSS BLVD, SUITE 200	NEW LENOX	815-462-3474	815-462-1032
PROVENA ST JOSEPH	1812 LINCOLN HIGHWAY	NEW LENOX	815-485-8495	
SILVER CROSS HOSPITAL OUT PATIENT	250 E MAPLE ST	NEW LENOX	815-485-0760	815-300-4573
ATI	2534 E LINCOLN HIGHWAY (ROUTE 30)	NEW LENOX (EAST)	815-462-9420	815-462-9421
ATI	806 LARAWAY RD	NEW LENOX (WEST)	815-462-8416	815-462-8425
ATHLETICO	6000 W TOUHY AVE, SUITE 202	NILES	773-774-4291	773-774-4527
ATI	8480 W GOLF RD	NILES	847-470-0023	847-470-0147
ATHLETICO	1715 BRADFORD ST, SUITE 140	NORMAL	309-888-4828	309-888-4930
ATHLETICO	8337 W LAWRENCE AVE	NORRIDGE	708-583-9500	708-583-9501
ATI	7315 W. IRVING PARK ROAD	NORRIDGE	773-786-2340	773-589-0122
IMPACT PHYSICAL THERAPY	4746 N. CUMBERLAND AVE.	NORRIDGE	73-417-8901	773-717-5607
NOVACARE REHAB--PEDIATRIC CARE	66 MILLER DR.	NORTH AURORA	630-907-9165	630-907-9195
ATI	2518 S. HARLEM, UNIT C	NORTH RIVERSIDE	708-762-5025	708-442-5189
ATHLETICO	1900 OLD WILLOW RD.	NORTHBROOK	847-504-1000	847-504-1001
ATHLETICO	1330 SHERMER RD.	NORTHBROOK (DOWNTOWN)	847-4840-1280	847-480-1279
ATI	1122 WILLOW RD., SUITE A	NORTHBROOK/GLENVIEW	847-504-4100	847-559-7652
ATI	124 W. NORTH AVE.	NORTHLAKE	708--731-2880	708-562-0049
ATHLETICO	1600 W 16TH ST, SUITE T-14	OAK BROOK	630-572-9700	630-572-0706
ATI	2030 YORK RD. (LA FITNESS)	OAK BROOK	630-822-7444	630-586-3754
RISE PHYSICAL THERAPY & WELLNESS	2208 MIDWEST RD., SUITE 101	OAK BROOK	630-571-8000	844-529-7727
ADVANCED REHAB CLINIC	1 TOWER LANE, LL (OAKBROOK TERRACE TOWER)	OAKBROOK TERRACE	630-954-0492	630-954-0493
NOVACARE REHAB	17 W 580 BUTTERFIELD RD	OAKBROOK TERRACE	630-889-8125	630-889-9798
TEAM REHABILITATION PT	1 S. SUMMIT AVE., SUITE 202	OAK BROOK TERRACE	630-324-0905	331-209-9098
ATI	15850 S. CICERO AVE.	OAK FOREST	708-224-2555	708-972-0976
ATHLETICO	9634 S PULASKI RD.	OAK LAWN	708-423-4800	708-423-4843
ATI	5255 W 95TH ST	OAK LAWN	708-424-2977	708-424-2988
IMPACT PHYSICAL THERAPY	10401 S. Cicero	OAK LAWN	708-529-9858	708-540-6883
NOVACARE REHAB	4710 W 95TH ST, SUITE B-6	OAK LAWN	708-422-2960	708-422-3001

PHYSICAL THERAPY LOCATIONS

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NAME	ADDRESS	CITY	PHONE	FAX
NOVACARE REHAB	5112 MUSEUM DR.	OAK LAWN	708-952-8220	708-423-5281
SOUTHWEST PT	9735 SOUTHWEST HIGHWAY	OAK LAWN	708-499-4497	708-499-4597
ATHLETICO	8729 RIDGELAND AVE	OAK LAWN (WEST)	708-233-6363	708-233-5580
ATHLETICO	7341 LAKE ST.	OAK PARK	708-763-0564	708-763-8739
ATHLETICO	1145 N. HARLEM AVE	OAK PARK	708-386-2086	708-386-3028
ATI	109 N HARLEM AVE.	OAK PARK	708-488-1408	708-488-1545
NOVACARE REHAB	610 S MAPLE AVE., SUITE 3500	OAK PARK	708-934-7062	708-934-7065
NOVACARE REHAB	1114 LAKE ST	OAK PARK	708-383-3897	708-383-3901
NOVACARE REHAB	605 W. MADISON	OAK PARK	708-763-8597	708-763-0978
ATHLETICO	116 N. 3RD ST.	OREGON	815-513-9400	815-732-0420
ADVANCED REHAB CLINIC	13500 CIRCLE DR, SUITE 102	ORLAND PARK	708-403-8145	
ATHLETIX	11140 W 179TH	ORLAND PARK	708-478-7225	708-478-7226
ATHLETICO	14700 S. LA GRANGE RD.	ORLAND PARK (NORTH)	708-873-8822	708-873-8823
ATHLETICO	15641 S. 94TH AVE.	ORLAND PARK (SOUTH)	708-460-8588	708-460-8788
ATI	15127 S. LA GRANGE RD	ORLAND PARK	708-403-4497	708-403-5162
ATI	13125 S. LA GRANGE RD	ORLAND PARK	708-671-1971	708-671-1973
PALOS COMM HOSPITAL	15300 WEST AVE	ORLAND PARK	708-460-5495	708-226-2528
TEAM REHABILITATION PT	11215 W. 159TH ST.	ORLAND PARK	773-938-8500	773-938-8501
ATHLETICO	2872 U.S. HWY. 34	OSWEGO	630-554-8890	630-554-8803
ATI	4511 ROUTE 71	OSWEGO	630-554-7815	630-554-4849
ATHLETICO	2744 COLUMBUS ST, UNIT 300 - NEWSOME PT	OTTAWA	815-434-4550	815-434-4510
ATI	1306 GEMINI CIRCLE, SUITE 3	OTTAWA	815-431-9980	815-431-9981
ATHLETICO	25250 75TH ST.	PADDOCK LAKE, WI	262-843-4200	2626-843-4578
ATHLETICO	1770 N HICKS RD	PALATINE (MIDTOWN ATHLETIC CLUB)	847-776-0106	847-776-0134
ATI	780 W. NORTHWEST HWY.	PALATINE	847-292-0151	847-292-0281
NOVACARE REHAB	220 N. SMITH ST., SUITE 100	PALATINE	847-934-7330	847-934-7579
ATI	11741 SOUTHWEST HWY.	PALOS HEIGHTS	708-361-8052	708-361-8053
ATHLETICO	7225 W. COLLEGE DR.	PALOS HEIGHTS (NORTH)	708-361-5355	708-361-5399
ATHLETICO	7130 W. 127TH ST., Suite A	PALOS HEIGHTS (SOUTH)	708-361-0033	708-361-0066
NOVACARE REHAB	9000 W. COLLEGE PARKWAY, BLDG. H	PALOS HILLS	708-608-4323	708-608-4823
ATI	951 W TOUHY AVE	PARK RIDGE	847-292-0151	847-292-0281
ATHLETICO	320 N. BUSSE HWY.	PARK RIDGE (NORTH)	847-268-0800	847-268-0801
ATHLETICO	800 DEVON AVE	PARK RIDGE (SOUTH)	847-292-4710	847-292-4903
TEAM REHABILITATION PT	2028 W. OAKTON ST.	PARK RIDGE	847-993-8020	847-993-8018
NOVACARE REHAB	826 W. TOUHY AVE.	PARK RIDGE	847-720-4165	847-720-4496
ATHLETICO	219 MAIN ST	PECATONIA	815-239-2233	815-239-9999
ATHLETICO	3289 COURT ST	PEKIN	309-347-0090	309-347-0098
ATHLETICO	3531 WILLOW KNOLLS DR.	PEORIA (NORTH)	309-683-6900	309-683-6902
ATHLETICO	8603 N UNIVERSITY ST (AQUATIC THERAPY ONLY)	PEORIA (RIVER CITY)	309-683-6900	309-683-6902
REVOLUTION PT & WEIGHT LOSS	8603 N. UNIVERSITY ST.	PEORIA (RIVER CITY)	309-226-6080	309-740-4661

PHYSICAL THERAPY LOCATIONS

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NAME	ADDRESS	CITY	PHONE	FAX
ATHLETICO	3714 N. PROSPECT RD.	PEORIA HEIGHTS	309-550-7888	309-550-7848
ATHLETICO	2011 ROCK ST, SUITE E - NEWSOME PT	PERU	815-220-0058	815-220-0082
ATI	23915 MAIN ST, SUITE A&B (HAND CLINIC SUITE C)	PLAINFIELD	815-609-0570	815-609-1026
PROVENA ST JOSEPH	138 S DIVISION ST	PLAINFIELD	815-436-1400	
PT SOLUTIONS AT ADVENTIST				
PLAINFIELD MEDICAL CAMPUS (HPH)	15720 S. RTE. 59	PLAINFIELD	630-312-3320	815-436-7748
ATHLETICO	13311 S. RT. 59	PLAINFIELD (NORTH)	815-577-2488	815-577-2489
MOMENTUM PT	12640 S ROUTE 59	PLAINFIELD (NORTH)	815-676-3900	815-676-3901
ACCELERATED REHAB CENTERS	24012 W RENWICK RD, SUITE 11	PLAINFIELD (SOUTH)	815-577-2488	815-577-2489
MOMENTUM PT	4714 CATON FARM RD	PLAINFIELD (SOUTH)/JOLIET	815-676-3950	815-676-3951
DOCTORS OF PHYSICAL THERAPY	2302-B ROUTE 59, SUITE 3	PLAINFIELD (SOUTH)/JOLIET	630-434-0271	630-515-1536
ATHLETICO	24402 W LOCKPORT ST., SUITE 100	PLAINFIELD (WEST)	815-609-7000	815-609-7002
ATHLETICO	5340 WASHINGTON AVE.	RACINE, WI	262-638-1272	262-638-1287
ATHLETICO	1135 PRAIRIE DR., AQUATIC CENTER	RACINE, WI	262-886-6780	262-886-6710
ATHLETICO	7341 LAKE ST.	RIVER FOREST	708-763-0564	708-763-8739
ATHLETICO	8937 GRAND AVE	RIVER GROVE	708-453-1354	708-453-2679
ATHLETICO	7474 E STATE ST.	ROCKFORD (EAST)	815-397-4439	815-397-4459
ATHLETICO	3616 N MAIN ST	ROCKFORD (NORTH)	815-877-5932	815-877-6302
ATI	735 HIGHGROVE PL	ROCKFORD	815-226-4365	815-226-4589
ATI	2542 S. ALPINE RD., SUITE 102	ROCKFORD	815-997-5115	779-207-4486
ATHLETICO	3701 ALGONQUIN RD., SUITE 810	ROLLING MEADOWS	847-483-0270	847-483-0271
ATI	1406 GOLF RD.	ROLLING MEADOWS	312-924-2428	847-981-0604
ATHLETICO	467 WEBER RD - NEWSOME PT	ROMEOVILLE	815-886-8771	815-886-8772
ATI	409 N WEBER RD	ROMEOVILLE	815-552-4128	815-886-6480
PROVENA ST JOSEPH	1280 WINDHAM PKWY	ROMEOVILLE	630-378-9070	
PT SOLUTIONS OF ROMEOVILLE (HPH)	42 S. WEBER ROAD	ROMEOVILLE	630-836-6479	815-552-2586
ATHLETICO	4675 BLUESTEM RD, SUITE 1	ROSCOE	815-623-9930	815-623-9931
ATI	410 E. CHURCH ST., UNIT C	SANDWICH	815-786-3123	815-786-3136
ATI	2562 W SCHAUMBURG RD	SCHAUMBURG	847-519-3485	847-519-3614
ATI	1442 N. MEACHAM RD.	SCHAUMBURG	224-520-5915	630-912-3040
ATHLETICO	50 W SCHAUMBURG RD	SCHAUMBURG (NORTH)	847-490-7100	847-490-9356
ATHLETICO	1031 S ROSELLE RD	SCHAUMBURG (SOUTH)	847-895-1866	847-895-1877
TEAM REHABILITATION PT	186 E. GOLF RD.	SCHAUMBURG	847-598-0392	847-598-0393
ATHLETICO	5510 W LINCOLN HIGHWAY	SCHERERVILLE (EAST), IN	219-865-1436	219-865-1787
ATHLETICO	1505 U.S. HIGHWAY 41	SCHERERVILLE (WEST), IN	219-322-5560	219-322-1549
ATHLETICO	700 W JEFFERSON ST - NEWSOME PT	SHOREWOOD	815-725-1666	815-725-1677
ATI	972 BROOKFOREST AVE.	SHOREWOOD	815-439-4938	815-439-7816
ATI	613 W. JEFFERSON ST.	SHOREWOOD	815-553-5654	815-272-9069

PHYSICAL THERAPY LOCATIONS

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NAME	ADDRESS	CITY	PHONE	FAX
ATHLETICO	4607 GOLF RD	SKOKIE	847-673-5073	847-673-2475
ATI	4732 W. DEMPSTER ST.	SKOKIE	224-534-2280	847-674-7201
ATHLETICO	411 E. IRELAND RD., SUITE 400	SOUTH BEND	574-231-8950	574-231-8955
ATHLETICO	722 N MC LEAN BLVD	SOUTH ELGIN	847-695-5088	847-695-5102
ATI	426 E 162ND STREET	SOUTH HOLLAND	708-333-0677	708-333-1170
ATI	3873 MAIN ST.	ST. CHARLES	630-940-0941	630-423-3099
ATHLETICO	3865 E MAIN ST	ST CHARLES (EAST)	630-587-5788	630-587-8570
ATHLETICO	1820 W MAIN ST	ST CHARLES (WEST)	630-762-1200	630-762-1230
IVY REHAB PHYSICAL THERAPY	1502 E. Main St	ST. CHARLES	630-797-5658	630-797-5879
NOVACARE REHAB--PEDIATRIC CARE	3815 E. MAIN ST.	ST CHARLES	630-584-7530	630-584-7762
ATHLETICO	205 S PARK ST - NEWSOME PT	STREATOR	815-673-1770	815-673-1772
ATI	119 S. STERLING ST.	STREATOR	815-673-2348	815-673-2345
IVY REHAB PHYSICAL THERAPY	38 MAIN ST.	SUGAR GROVE	630-466-5866	630-466-5869
ATHLETICO	34572 N US HIGHWAY 45	THIRD LAKE (GURNEE)	847-548-3695	847-548-3694
ATHLETICO	17837 S 80TH AVE	TINLEY PARK	708-342-2500	708-342-1454
ATI	16651 S HARLEM AVE	TINLEY PARK	708-444-2467	708-444-2758
NOVACARE REHAB	17517 S 80TH AVE	TINLEY PARK	708-429-4814	708-429-9174
ATI (WOMEN'S HEALTH)	16651 S HARLEM AVE	TINLEY PARK	708-444-2838	708-444-3031
ATHLETICO	237 E. MAIN ST.	TWIN LAKES, WI	262-877-4884	262-878-9609
ATHLETICO	1201 MAIN ST.	UNION GROVE, WI	262-878-9602	262-878-9609
ATHLETICO	114 N. VINE	URBANA	217-352-3330	217-344-4465
ATHLETICO	2904 N. CALUMET AVE.	VALPARAISO (NORTH), IN	219-462-1020	219-462-1043
ATHLETICO	2307 LAPORTE AVE, SUITE 5	VALPARAISO (SOUTH), IN	219-477-4500	219-477-4567
ATHLETICO	555 E TOWNLINE RD, SUITE 24	VERNON HILLS	847-573-0051	847-573-0345
ATHLETICO	100 E ROOSEVELT RD, SUITE 200	VILLA PARK	630-705-0060	630-705-0063
ATHLETICO	315 N. MILWAUKEE ST.	WATERFORD, WI	262-514-2700	262-514-3003
ATHLETICO	2674 WASHINGTON ST	WAUKEGAN	847-336-8089	847-336-8079
ATHLETICO	211 E. SUNSET DR.	WAUKESHA, WI	262-832-7600	262-832-7601
ATHLETICO	8837 W. NORTH AVE.	WAUWATOSA, WI	414-257-0300	414-257-0330
ATHLETICO	440 E. ROOSEVELT RD., SUITE 104	WEST CHICAGO	630-293-5300	630-293-9800
TEAM REHABILITATION PT	917 SAGAMORE PARKWAY W., SUITE 2W	WEST LAFAYETTE, IN	765-250-9660	765-250-9661
ATHLETICO	11204 31ST ST.	WESTCHESTER	708-492-1810	708-492-1807
ATI	11223 W 22ND ST	WESTCHESTER	708-483-0005	708-409-1393
ATHLETICO	4700 GILBERT AVE, SUITE 43A	WESTERN SPRINGS/LAGRANGE	708-783-1044	708-783-1048
HINSDALE ORTHOPAEDIC	4700 GILBERT AVE, SUITE 51	WESTERN SPRINGS/LAGRANGE	708-387-1750	708-387-1751
ADVANCED REHAB CLINIC	337 W OGDEN AVE	WESTMONT	630-323-8646	630-323-8656
HINSDALE ORTHOPAEDIC	101 EXECUTIVE COURT, SUITE 250	WESTMONT	630-655-8785	630-655-5610
ORTHOCARE	6172 S CASS AVE	WESTMONT	630-725-1255	630-725-1222
THERACORE	350 E. OGDEN AVE., SUITE 200	WESTMONT	630-908-7430	630-908-7458
REVOLUTION PT & WEIGHT LOSS	28 N. CASS AVE.	WESTMONT	630-615-9170	630-493-0995

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NAME	ADDRESS	CITY	PHONE	FAX
ATHLETICO	1071 E ROOSEVELT RD	WHEATON	630-682-1785	630-682-1854
PT SOLUTIONS OF WHEATON (HPH)	1145 E. BUTTERFIELD RD.	WHEATON	630-856-6465	630-856-9945
DOCTORS OF PHYSICAL THERAPY	200 E. WILLOW AVE.	WHEATON	630-434-0271	630-515-1536
ATHLETICO	1925 GARY AVE - ORTHO THERAPY SPECIALISTS	WHEATON (NORTH)	630-653-6336	630-653-6446
ATHLETICO	75 DANADA SQUARE EAST - NEWSOME PT	WHEATON (SOUTH)	630-558-8840	630-588-8842
ATHLETICO	481 E DUNDEE RD	WHEELING	847-465-0355	847-465-8365
ATI	1562 LAKE COOK RD.	WHEELING	847-243-1000	847-465-9296
ATHLETICO	207 W 63RD ST	WILLOWBROOK	630-230-0900	630-230-9257
ATI	7191 S KINGERY HIGHWAY, SUITE L6	WILLOWBROOK	630-455-6630	630-455-6631
OCCUSPORT	337 W 75TH ST	WILLOWBROOK	630-789-0004	630-789-0095
PT SOLUTIONS AT PAULSON WILLOWBROOK (HPH & WOMEN'S HEALTH)	619 PLAINFIELD RD	WILLOWBROOK	630-856-8200	630-856-8213
TEAM REHABILITATION PT	535 PLAINFIELD RD	WILLOWBROOK	630-282-6555	630-780-1540
ATI	114 SKOKIE BLVD	WILMETTE	847-512-5102	847-906-6188
REACT PHYSICAL THERAPY	1215 WASHINGTON AVE.	WILMETTE	312-835-3117	773-913-0602
ATHLETICO	324 E BALTIMORE ST - NEWSOME PT	WILMINGTON	815-476-9828	815-476-9829
SILVER CROSS HOSPITAL	121 WINCHESTER GREEN DR	WILMINGTON	815-476-2831	
ATI	0 S 050 WINFIELD RD, SUITE 120	WINFIELD	630-653-4743	630-653-4912
ATHLETICO	852 GREEN BAY RD	WINNETKA	847-441-5788	847-784-8720
ATI	335 W IRVING PARK RD	WOOD DALE	630-238-7940	630-238-9053
ADVANCED REHAB CLINIC	3540 SEVEN BRIDGES DR, SUITE 240	WOODRIDGE	630-968-3154	630-968-3224
PT SOLUTIONS OF WOODRIDGE (HPH)	7425 JANES AVE.	WOODRIDGE	630-856-6470	630-963-1788
ATI	6435 MAIN ST, SUITE 110	WOODRIDGE (SEVEN BRIDGES)	630-964-5406	630-964-5411
TEAM REHABILITATION PT	2007 75TH ST.	WOODRIDGE	630-991-2454	630-991-2453
DOCTORS OF PHYSICAL THERAPY	7530 WOODWARD AVE.	WOODRIDGE	630-434-0271	630-515-1536
ATHLETICO	113 S. EASTWOOD DR.	WOODSTOCK	815-334-0400	815-334-0800
ATI	728 E. VETERANS PARKWAY, SUITE 107	YORKVILLE	630-553-0349	630-553-04039
ATI	2701 SHERIDAN RD.	ZION	224-304-5699	847-731-6898

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Notes

Please make notes as necessary to help you through your surgical experience. We welcome feedback, suggestions and tips regarding the surgical process. Please email yours to us at contactus@chudikmd.com.



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Notes



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