



PRESS RELEASE		FOR IMMEDIATE RELEASE
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Dr. Azlan Tariq Talks to Community at Lutheran Home About Joint Health

Arlington Heights, IL – February 14, 2019 – Dr. Azlan Tariq from Integrated Rehab Consultants presented to a packed house at Lutheran Home, Arlington Heights. This Lunch and Learn Program discussed joint health in lecture he called, “J Is for Joints.”



The discussion provided in depth details about Arthritis. Dr. Tariq reviewed what Arthritis is, how it can affect joints in the body, signs and symptoms to watch out for, the causes, how it is diagnosed and how patients can help to slow and control Arthritis through treatments and a healthy lifestyle.

The community seemed especially interested when he discussed in detail what they could do now to help treat and control their arthritis. Obviously, the first step he recommends is for individuals to see their doctor who may perform an examination and a number of tests. Medication, injections, therapy or surgery may be suggested by ones physician.

Next, he recommended healthy lifestyle changes; these can include exercise, diet, use of effective energy conservation and work implication techniques. He discussed in depth how to maintain a healthy diet and weight, exercises to try, why it’s important to exercise, and what they should know before they start an exercise program.



Dr. Azlan Tariq is the Chief Clinical Officer at Integrated Rehab Consultants. He has been with IRC since 2012 and is a Board-Certified Physical Medicine and Rehabilitation physician. Dr. Tariq and his PA’s currently provide Physiatry services to Post-Acute facilities in Northwest Indiana and Chicago. Dr. Tariq is also the owner and founder of Optimal Health Medical Fitness, dedicated to providing the most advanced non-surgical orthopedic and regenerative medicine treatments in the Chicagoland area.

Integrated Rehab Consultants (IRC) is the largest physician-owned physiatry group in the country. Physiatry, also known as Physical Medicine and Rehabilitation (PM&R), is a branch of medicine that aims to enhance and restore functional ability (bone, brain, neuromuscular experts) and quality of life. Our physiatrists work with skilled nursing facilities (SNF’s) to optimize therapy treatment plans; focusing on managing pain, functional rehabilitation and recovery for patients with physical and cognitive impairments or disabilities, we can help patients discharge quicker and safer – adding a layer of clinical oversight and capabilities that most SNFs and their patients have been underserved historically.

For more information, please contact Lauren Evans at 773-401-4300 or lauren@irehabconsultants.com.