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Restore Functional Strength with
Rebound Fitness & Rehabilitation!

INSIDE:

- Simple Tips For Ache Relief
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SEE INSIDE:

Simple Tips For Ache Relief • Patient Success
Spotlight • Healthy Recipe • Coupon Corner

www.reboundfitness.com

**STOP LETTING PAIN
HOLD YOU BACK**
SOLVE DAILY ACHES AND PAINS
WITH PHYSICAL THERAPY



REBOUND FITNESS & REHABILITATION
NEWSLETTER
The Newsletter About Your Health And Caring For Your Body

**STOP LETTING PAIN
HOLD YOU BACK!**
SOLVE DAILY ACHES AND PAINS WITH PHYSICAL THERAPY

How do you feel when you wake up in the morning? Does your body feel stiff, like a brick that's been plastered to your bed? Is it difficult to move your arms, legs, back, etc., without feeling achy, sore, or even painful? Does it feel as if your body is moving in slow motion, your discomfort holding you back?

Your body was made to move. Prolonged periods of inactivity can cause muscles and joints to constrict, resulting in pain or achiness - that's why the mornings are typically the hardest for people experiencing these symptoms. However, the way that you live your daily life can also be a factor in daily aches and pains. Your body relies on certain physical responses to movement, such as posture, coordination, strength, blood pressure, etc. Everything you do has an impact on the way your body responds. If you live an inactive or unhealthy lifestyle, aches are certainly common. Conversely, if you have sustained an injury or strain from an overly-active lifestyle, aches will also be common.

Whatever the case may be, physical therapists are here to help. Their sole focus is helping you achieve your highest level of comfort. If you are experiencing daily aches and pains that you just can't seem to shake, give our office a call today.

WHY AM I SO ACHY?

Overexertion is a common reason for achiness or pain. Let's say you decide to start up a new physical routine. You've never been much of a runner, but you want to get into it. So, the first day you run, you push yourself to a mile. You didn't think it sounded like too much, but your body wasn't used to it. Your legs were overworked, and the tissues in your muscles got irritated, causing inflammation. Therefore, you wake up the next morning with sore legs.

This is what happens when any part of your body is overworked. You may not notice it during the day while you're moving, but inflammation can thicken overnight during inactivity, causing tissues to become inelastic. This can cause stiffness or pain in the morning, typically easing as you move throughout the day. However, the cause for stiffness isn't always as cut and dry as, "I did an exercise I wasn't used to so now I'm sore." Sometimes it's difficult to pinpoint the cause of your discomfort. That's why it's important to consult a physical therapist if your aches and pains persist.

(Continued Inside)

SIMPLE TIPS FOR ACHE RELIEF:

- **Sleep!** – This is probably the easiest step you can take to relieve common aches. Your body chemistry is delicate, and not getting enough sleep can affect that. This prevents your muscles and tissues from functioning as they normally would, resulting in stiffness, soreness, or achiness.
- **Stay hydrated** – Drinking water is an important part of living a healthy, pain-free life. When you are dehydrated, your tissues become drier, which slows down normal chemical processes in your body. Your body is 70% water and your muscles are 80% water. When you don't drink enough water, your body can become achy due to dryness. In order to stay hydrated, you should drink 1/2 your body weight in ounces every day.
- **Maintain a healthy diet of fruits and vegetables** – Fruits and vegetables with bright colors often have a higher concentration of antioxidants and vitamins. By keeping these a consistent part of your diet, you can better assist your body in both repairing itself from pain or injury, as well as providing a preventative. Fruits and vegetables help your body in maintaining its normal functions.
- **Exercise regularly** – Exercise allows your body to efficiently pump blood around your body. When you exercise on a consistent basis, muscles and joints remain warm, lowering the possibility of them becoming tight.
- **Keep a good posture** – Slouching causes stress on the shoulders

and neck, which can cause pain or achiness. If you sit at a desk or computer, it is important to get up every 30 minutes for a few seconds to stretch. Moving around or simply standing up after a while is a great way to maintain a good posture, even if you don't have a very active day.

- **Get a physical therapy consultation** – If your aches and pains are persistent and aren't going away despite your best efforts, it may be time to consult a physical therapist. They will help you determine the best course of action for your specific needs.

HOW PHYSICAL THERAPY WILL HELP:

A consultation with a physical therapist will allow you to address the issues that you're facing. It is always better to figure out the cause of your pain early on, rather than waiting until it gets worse. The earlier you make an appointment, the easier the treatment will be. Your physical therapist will give you a muscle and joint evaluation to discover problem areas and determine exactly what may be causing your aches and pains. From there, they will create a personalized treatment plan for you that will help alleviate your aches. They are dedicated to your progress and genuinely want to see you feel better - so why wait? Say goodbye to your daily aches and pains with physical therapy today!



If you're suffering from aches & pains, we are here to help! Call Rebound Fitness & Rehabilitation at (847) 714-7400 to schedule your appointment today!

Roasted Acorn Squash



INGREDIENTS

- 1 medium acorn squash, halved and seeded
- 1/4 cup unsalted butter, melted
- 1 tablespoon brown sugar
- Kosher/sea salt to taste
- Black pepper to taste
- Pecan pieces (optional)

INSTRUCTIONS

Preheat oven to 400°. Line a baking pan with parchment paper. Combine the melted butter and brown sugar. Coat the acorn squash halves with the brown sugar mixture and season with salt and pepper. Add pecan pieces, if desired. Place the acorn squash halves cut side down on the prepared pan. Roast for 30 minutes, flip the squash over and brush with juices from the pan. Continue roasting for about 20 minutes or until tender.

Exercise of the Month

Try this movement to stretch your upper back & shoulders



ANGRY CAT STRETCH

Place a rolled up towel or object under your knee and slowly straighten your knee as you raise your foot up. Hold for 3 seconds then lower. Repeat 10 times on each leg.



PATIENT SUCCESS SPOTLIGHT



"I'm extremely happy with my recovery."

"I've been working with Greg and his team at Rebound Fitness since August to rehab my left hip after replacement surgery in July. I'm extremely happy with my recovery, Rebound's program, expertise and knowledge about hip rehab and will continue to work with Greg and his team to fortify my hip and maintain my fitness on a go forward basis." – **M.W.**

"Incredibly welcoming, thoughtful, methodical, analytical, effective and professional."

"Greg and his Rebound Fitness team were incredibly welcoming, thoughtful, methodical, analytical, effective and professional in their approach to identifying a key cause of my injury, creating effective gradual multi-step remediation and recovery plan for me, which has generated desired results, and most importantly, has educated me to prevent similar injuries from occurring in the future.

I highly recommend the Rebound Fitness and Recovery team, and their effective rehabilitation and consulting services to everyone!" – **D.S.**



Rebound Fitness & Rehabilitation Book

The Stretch Book: An Interactive Guide To Restore by Greg Cadichon ATC and John Brna MD Flexibility is available now!



Includes Stretches For All Major Muscle Groups!

Each stretch includes an instructional video to show you exactly what you need. For more information, visit us at:

www.reboundfitness.com

Coupon Corner

FREE 15 MIN. DISCOVERY SESSION

CALL TO SCHEDULE TODAY!

We Look Forward To Hearing From You!
(847) 714-7400

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Offer valid for the first 20 people to schedule.
Expires 11-30-20