



REBOUND FITNESS & REHABILITATION

# NEWSLETTER

The Newsletter About Your Health And Caring For Your Body



## STAND TALL & PAIN-FREE THIS NEW YEAR!

**SEE INSIDE:**

Could Your Posture Be The Reason For Your Aches And Pains? • What Can I Do About It?

[www.reboundfitness.com](http://www.reboundfitness.com)



# REBOUND FITNESS & REHABILITATION NEWSLETTER

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## COULD YOUR POSTURE BE THE REASON FOR YOUR ACHES AND PAINS?

Do you suffer from daily or recurrent aches and pains? If so, your posture may be the culprit. Just think about the number of hours a day we spend staring at a computer screen, hunched over our desks, or staring at our phones. That creates a lot of stress on the neck and back, especially if you are slouched, tilted forward, or looking down for prolonged periods.

### How does poor posture affect me?

Changes to your posture can negatively affect your body, and you may find yourself experiencing some of the following symptoms:

- **If your posture contains a forward head tilt** – This forward-head posture creates a strain on the neck, which can result in neck pain, shoulder pain, arm pain, chronic headaches, and lower back pain. Tilting your head forward for a long time shortens the muscles in the back of the neck, and can result in soreness throughout multiple parts of your body.
- **If your posture contains slouching of the mid-back** – If you slouch the middle of your back, you can drive your head forward and alter the way your ribs naturally align. By doing this, you may experience pain in the slouched region of the mid-back, in addition to pain in the neck. If this is your average standing posture, it is

important to seek physical therapy treatment right away – over time, standing like this day after day may cause internal issues, as it creates pressure on your lungs, heart, and digestive system.

- **If your posture includes sitting for prolonged periods** – When you sit for prolonged periods, the muscles in your hips and legs will stiffen. When these muscles become stiff, they tighten and will pull on the lower back, causing pain. The joints also lose their range of motion, which can cause soreness or achiness in the hips, legs, and back, and can create issues with your gait.

The way in which you walk can also have an effect on your posture. When you have improper posture, your center of gravity changes. This can cause your balance to decline, which can cause pain when walking, thus creating a vicious cycle of overcompensation and pain.

The most common symptom of poor posture is lower back pain, although pain can be present in other parts of the body, as well. The back muscles constantly contract to keep you upright, and they overcompensate when you slouch or hunch over. Over time, constant poor posture can create an unusual amount of wear and tear on the lower back, which can increase the risk of arthritis in the spine.

# WHAT CAN I DO ABOUT IT?

It can be difficult to correct poor posture, but there are a few steps you can take on your own to try and help:

- 1. Sit properly.** – If you are at a desk for extended periods of the day, make sure your stance is okay. Sit upright, place your feet flat on the floor, and try not to cross your legs. Make sure there is a small gap between the back of your knees and the chair. Having a chair with strong back support and padding is also recommended for making your upright position more comfortable.
- 2. Take stretch breaks.** – If you are an office worker, it is no secret that most of the day is spent with limited levels of mobility. It is important to make sure that you get up every 30 minutes or so, and take a small walk, at least for a minute or two. This will help in loosening up your muscles and joints, as well as initiating a stronger blood flow.
- 3. Exercise.** – Exercise is incredibly important, especially if your job produces several hours of inactivity. When you exercise, you are stretching and strengthening certain muscles of your body, including problem areas such as your neck and back. Taking even a small amount of time to walk or jog around the neighborhood every day can highly improve your overall gait.
- 4. Set up your office properly.** – If you work from an office all day, it is important to have a proper ergonomic setup. Make sure that

you are at a proper height with your desk chair and computer, so you don't have to slouch or lean forward. Additionally, make sure your chair has the proper lumbar support needed to help you sit straight while you're working. These simple steps can help tremendously with your overall posture.

## How can physical therapy help?

If these at-home treatments don't work, it is important to consult help from a physical therapist. Simply standing up straight is a fight against gravity, and if you have been standing the wrong way for several years, it may be difficult to change it on your own. However, physical therapists are dedicated to getting you back on track to a pain-free, and risk-free life. They will evaluate your posture and gait to determine the best treatments necessary for you, and then they will create a treatment plan unique for your needs. They can improve your posture, eliminate your pain, and get you back to doing the activities you love to do. If you are experiencing pain, and you think it may be a result of your posture, give us a call today. We will help you get back to a comfortable posture with just a few sessions.



**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!**

## No-Bake Chocolate Peppermint Balls



### INGREDIENTS

- 10 tbsp cocoa powder
- 6 tbsp maple syrup
- 1/4 cup almond butter (use sunbutter for nut free)
- 1/4 cup unflavored pea protein powder
- 1/2 tsp peppermint extract
- 1/4 tsp sea salt
- 2-4 tsp crushed candy canes
- 2-4 tbsp dairy free chocolate chips (optional)

### INSTRUCTIONS

Put everything except the candy cane or cacao nibs, chocolate chips and water into a bowl and mix well. Slowly add water if needed (You may not need any water if your almond butter is runny). Start with a teaspoon and slowly add until you get a well-mixed batter. If you add too much then the batter will be too soft to roll. Add the candy canes/cacao nibs and chocolate chips, and mix again. Allow batter to chill in the fridge while you clean up, then roll into balls.

Recipe: <https://www.veggiesdontbite.com/no-bake-chocolate-peppermint-protein-balls>

## Exercise of the Month

*Helps to strengthen your back and improve posture.*

SimpleSet Pro  
[www.simpleset.net](http://www.simpleset.net)



### REPEAT TRUNK FLEXION | TO FLOOR

Sit in a chair with good posture. Hands on your thighs. Let your trunk sag toward the floor use your arms to control the movement. Let your arms dangle to the floor. Now use your arms to push yourself up. Repeat 10 times.



**REBOUND  
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# PATIENT SUCCESS SPOTLIGHT



**"The community around Rebound is great too, always positive, always helpful. You won't regret coming here at all."**

"I've been working out with the guys at Rebound for a little over 2 years now, Greg and Rennie. Professional, stand-up gentlemen who help you get to where you want to be, make you work harder than you thought you could. With detailed, well-informed, and really out of the box methods, they help you train for performance in specific sports. The community around Rebound is great too, always positive, always helpful. You won't regret coming here at all." – **V.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](http://www.reboundfitness.com)

## Coupon Corner

**FREE 15 MIN. DISCOVERY SESSION**

**CALL TO SCHEDULE  
TODAY!**

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

666 Dundee Road, Unit 1002  
Northbrook, IL 60062

Offer valid for the first 20 people to schedule.  
Expires 01-31-21

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