



REBOUND FITNESS & REHABILITATION

NEWSLETTER

The Newsletter About Your Health And Caring For Your Body



KICK BACK & RELAX! FIND RELIEF FOR YOUR KNEE & HIP PAIN

SEE INSIDE:

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www.reboundfitness.com



KICK BACK & RELAX!

FIND RELIEF FOR YOUR KNEE & HIP PAIN

Have you ever thought about how amazing our ability to walk is? It is a complex system of muscles, nerves, and joints working together in harmony to lift you up. But what if you experience pain while walking? If you experience hip, knee, or leg pain, it could mean that the complex system of your gait has been affected in some way or another. For more information regarding how our treatments can help you, give us a call today!

What causes knee and hip pain?

Knee and hip pain occurs when the joints and muscles surrounding those areas lack their normal function. If the joint isn't functioning properly, it can alter one's mobility, which will increase pressure on the area. This can cause the area to become inflamed, thus resulting in pain.

If you are experiencing hip pain, it is likely that there is a problem with your hip joint. When this happens, you will experience pain inside of your hip, or in your groin area. If you are experiencing pain outside of your hip, in your upper thigh, or buttock region, then it is likely that there is a problem with the muscles, tendons, ligaments, or soft tissues surrounding the hip joint. Regardless of where the pain is stemming from, hip pain is typically caused by injury or strain to the joint or surrounding regions; however, the pain can also be due to an underlying disease, such as arthritis.

If you are experiencing knee pain, there is a good chance the pain is rooted in your kneecap or patella. Every time you bend your knee, your kneecap needs enough space to move up and down between your femur bone and the bend of your knee. Unfortunately, if this area becomes inflamed, then the tissues surrounding the kneecap will become tighter, and the kneecap will not have as much space to move. It will try to squeeze through the inflamed padding, causing pain in the knee, and causing the padding to grow thicker and more irritated. When this happens, the joint fluid inside your knee will begin to dry out, resulting in more friction and pain.

How physical therapy helps:

When relieving knee and hip pain, it is important to make sure that normal motion is restored. Our physical therapists at <insert client name here> are trained in evaluating your movement to determine the root of your problem, in addition to creating a treatment regimen specific to your pain, and restoring you to your normal mobility and strength.

We have years of success in helping patients with their physical needs, eliminating their need for harmful drugs, expensive testing, or harsh surgeries. Our goal is to help you move and walk as comfortably as possible. Schedule a consultation with one of our physical therapists today and get back on track to a pain-free life!

DIY ICE PACKS

4 Different Methods:

1. (3) parts water to (1) part rubbing alcohol. This combination is recommended by physical therapists, because it is cheap, it stays flexible, and it works perfectly. There is also minimal mess if there is a leak! Win/win.
2. Corn syrup – Yup. Plain old corn syrup. This one is nice because it stays the softest and flexible compared to the rest; however, if it were to leak, you'd be left with a sticky mess.
3. Liquid dish soap – You guessed it, another one-ingredient ice pack! This one doesn't stay quite as flexible as the rest, but at least the mess won't be sticky in the event of a leak.
4. (2) parts liquid dish soap to (1) part rubbing alcohol. This is very similar to the one above but stays a bit more flexible.

To minimize the risk of leaking after repeated uses, make sure to double bag your ice packs in sturdy freezer bags with a double-lock seal. If you have a vacuum bag sealer, this is the perfect use for it.

Source: <https://www.mayoclinic.org/symptoms/hip-pain/basics/causes/sym-20050684>



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



Stuffed Mushrooms



INGREDIENTS

- 1 1/2 lb baby mushrooms
- 2 Tbsp butter
- 2 cloves garlic, minced
- 1/4 c breadcrumbs
- Kosher salt
- Freshly ground black pepper
- 1/4 c freshly grated Parmesan, plus more for topping
- 4 oz cream cheese, softened
- 2 Tbsp freshly chopped parsley, plus more for garnish
- 1 Tbsp freshly chopped thyme

INSTRUCTIONS

Preheat oven to 400°. Grease a baking sheet with cooking spray. Remove mushroom stems and roughly chop. Place mushroom caps on a baking sheet. In a medium skillet over medium heat, melt butter. Add chopped stems and cook for about 5 minutes to remove moisture. Add garlic and cook for 1 minute. Add breadcrumbs and toast slightly for 3 minutes. Season with salt and pepper. Remove from heat and let cool. In a large bowl mix together mushroom stem mixture, Parmesan, cream cheese, parsley, and thyme. Season with salt and pepper. Fill mushroom caps with filling and sprinkle with Parmesan. Bake until soft and golden for 20 minutes. Garnish with parsley to serve.

Recipe: [delish.com/cooking/recipe-ideas/a20089643/easy-stuffed-mushroom-recipe](https://www.delish.com/cooking/recipe-ideas/a20089643/easy-stuffed-mushroom-recipe)

Exercise of the Month

Helps to relieve knee pain.



SimpleSet Pro
www.simpleset.net

KNEE EXTENSION STRETCH

Stand on a step. Lower one foot slowly towards the ground. Keep your hips level! Step down and then off the step. Keep your knees aligned over your feet. Repeat 10 times, alternating start legs.

PATIENT SUCCESS SPOTLIGHT



"Greg Cadichon and his team are talented and dedicated to the goals of each individual client."

"Greg Cadichon and his team are talented and dedicated to the goals of each individual client. Over the years I have watched him work with a broad range of clients, from people recovering from injuries, amateur and professional athletes, people preparing for surgery and elderly clients fighting the effects of aging, to plenty of average folks just trying to get into better shape. In my case, I was using a cane for my knee. After 4-6 months of hard, steady work with Greg, I was fine. He excels at handling muscle injuries, reducing pain and improving performance." – **Winnie C.**

February Is Heart Health Month!

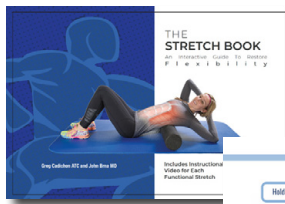
- 1. Aim for lucky number seven.** Young and middle-aged adults who sleep 7 hours a night have less calcium in their arteries (an early sign of heart disease) than those who sleep 5 hours or less or those who sleep 9 hours or more.
- 2. Keep the pressure off.** Get your blood pressure checked every 3-5 years if you're 18-39. If you're 40 or older, or if you have high blood pressure, check it every year.
- 3. Move more.** To keep it simple, you can aim for 30 minutes a day, 5 days a week of moderate exercise. Even if you exercise for 30

minutes a day, being sedentary for the other 23 1/2 hours is really bad for your heart.

- 4. Slash saturated fats.** To help your heart's arteries, cut down on saturated fats, which are mainly found in meat and full-fat dairy products. Choose leaner cuts and reduced-fat options.
- 5. Find out if you have diabetes.** Millions of people don't know that they have this condition. That's risky because over time, high blood sugar damages arteries and makes heart disease more likely.

Rebound Fitness & Rehabilitation Book

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



**A Great Resource
To Living A
Healthier Lifestyle!**

Latissimus Stretch

Hold: 10-30 seconds



Directions: Place the front roller underneath for support, engage between the knees and the elbows while in a kneeling position. Attempt to bring the buttocks back toward the heels. Maintain the elbows straight and forearm on the floor on the other side. Hold your head to the ground for 10-30 seconds. You can add bring your ankles to your knees. Do for your left side and repeat on your right side. Make yourself firm on the ball, are very long muscles.

**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

666 Dundee Road, Unit 1002
Northbrook, IL 60062

Offer valid for the first 20 people to schedule.
Expires 02-28-21

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