



REBOUND FITNESS & REHABILITATION

# NEWSLETTER

The Newsletter About Your Health And Caring For Your Body



## STAND TALLER WITH PHYSICAL THERAPY

**SEE INSIDE:**

- *Rebound Fitness & Rehabilitation Book* • *Spring Pea Pasta*
- *Exercise Of The Month* • *Patient Success Spotlight*

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## STRUGGLING WITH BACK PAIN OR SCIATICA?

### STAND TALLER WITH PHYSICAL THERAPY

Did you know that over 80% of people across the world will suffer an episode of back pain at some point in their lifetime? If you are suffering from back pain or sciatica, you know how hindering it can be. With chronic back pain, radiating leg pain, or stinging sensations across the sciatic nerve, it can be difficult to live your life to the fullest. If you find yourself in pain when bending down, standing up, or lifting objects, it's time to see a physical therapist.

At Rebound Fitness & Rehabilitation, we are fully equipped to treat any back pain you may be experiencing. Contact us today to schedule a consultation and find out more about how our services can benefit you!

#### The differences between back pain and sciatica:

It can be difficult sometimes to determine the differences between general back pain and sciatica. Sciatica is a specific type of back pain that is caused by a compression or irritation of the sciatic nerve. Your sciatic nerve is the largest nerve in your body – it is approximately 2 centimeters wide, extending all the way down your back, your buttocks, underneath the piriformis muscle, and to the backs of your legs and your feet. It is made up of several nerves that exit your lower back from the lumbar and sacral levels (L4-S3), transmitting sensation and muscle control. Common culprits of

sciatica development include weakness in the gluteal muscles or tightness in the piriformis muscle, as they can compress and irritate the sciatic nerve.

#### Common sciatica symptoms:

The sciatica symptoms reported from patients tend to vary. Some may experience a deep ache in the buttocks, while others experience severe pain radiating down one of their legs. It is also possible to feel a tingling or numbness in the back of the leg, calf, or foot. If left too long without proper treatment, irritation can become more severe and affect the strength of your leg muscles.

#### Common sciatica treatment:

The safest, easiest, and most effective mode of sciatica treatment is through physical therapy. Physical therapy examines the root cause of pressure on the nerve and works to quickly alleviate that pressure. Our licensed physical therapists will analyze the movements of the muscles surrounding the sciatic nerve, in addition to the back and hip joints. They will design an individualized treatment plan based on the specific needs of each patient, in order to strengthen the affected muscles, improve joint flexibility, and prevent problems from occurring again in the future.

# TIPS FOR SCIATICA RELIEF:

There are some tips you can follow to relieve your sciatica pain on your own. These can be done before coming in for treatments, or in tandem with your physical therapy treatments:

- Performing gentle stretching exercises.
- Avoiding prolonged sitting. Make sure to get up every 30 minutes and change positions frequently.
- Putting a pillow behind your knees when sleeping on your back or between your knees when sleeping on your side.
- Using your legs to bend down when picking up objects off the floor, rather than using your back.
- Alternating ice and heat on the buttock to reduce inflammation.
- Asking your doctor about coming to physical therapy, or giving us a call.

## How successful is physical therapy for back pain?

A study found in the medical journal SPINE proves both the physical and monetary benefits of treating back pain and sciatica with physical therapy. It demonstrates that when doctors refer their patients for physical therapy treatments early on in the diagnosis, their patients have shown significant improvement and lowered treatment costs. In this study, patients saved an average



of \$2736.36 for their low back pain treatment simply by being referred to a physical therapist in the beginning.

If you are suffering with back pain or sciatica, consult with your doctor about physical therapy treatments, or contact our office to learn more about how you could benefit. At Rebound Fitness & Rehabilitation, we aim for speedy and effective recoveries at low costs. Don't live with back pain any longer – stand taller with physical therapy.

Source: Primary Care Referral of Patients With Low Back Pain to Physical Therapy: Impact on Future Health Care Utilization and Costs Fritz, Julie M. PT, PhD, ATC\*, Childs, John D. PT, PhD†, Wainner, Robert S. PT, PhD‡, Flynn, Timothy W. PT, PhD§ Spine: 01 December 2012 - Volume 37 - Issue 25 - p 2114-2121

## Spring Pea Pasta



### INGREDIENTS

- 1 pound pasta
- 3-4 c fresh peas
- 5 scallions, thinly sliced
- 1 shallot, very finely diced
- 1 c chopped fresh mint
- 1 c chopped Italian parsley
- ½ c olive oil
- 2 lemons – zest and ¼ c juice
- 2 c fresh pea shoots
- 1 tsp salt, plus more to taste
- ½ tsp pepper
- 1 tbsp truffle oil
- Optional- goat cheese crumbles

### INSTRUCTIONS

Boil pasta in a generous amount of salted water according to directions. While the pasta is cooking, prep the rest of the ingredients. Chop the scallions, shallots and herbs. Zest two lemons, and measure out ¼ cup lemon juice. Once the pasta is just about done, add the peas to the boiling pasta water and blanch for one minute, or just until bright green. Immediately drain, place pasta and peas in a large bowl, drizzle with olive oil, lemon juice and season with 1 tsp salt and ½ tsp pepper. Toss in the pea shoots and add the scallions, shallot, herbs and lemon zest. Stir Taste, adjusting salt and lemon juice, adding more of both, if necessary. Drizzle with truffle oil and serve immediately.

Recipe: <https://www.feastingathome.com/spring-pea-pasta-with-truffle-oil-lemon-and-mint/>

## Exercise of the Month

*Helps to strengthen and restore your posture.*

### SUPERWOMAN

Lying on your stomach, engage back muscles and extend arms and legs off the floor. Bring one arm under your armpit in a scooping motion and reach back to meet the opposite foot. Repeat with opposite arm. Complete 3 sets of 10.



# 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.**

## Beat Those Spring Allergies!

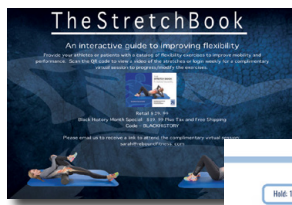
- 1. Limit your time outdoors.** Each spring, trees release billions of tiny pollen grains into the air. When you breathe them into your nose and lungs, they can trigger an allergic reaction. Staying inside can help, especially on windy days and during the early morning hours, when pollen counts are highest.
- 2. Get natural relief.** Some herbal remedies may help stave off allergy symptoms. More research is needed, but an extract from a shrub called butterbur shows promise. Biminne, a Chinese herbal formula with ingredients like ginkgo biloba and Chinese skullcap, may also

help. One study found that people who took biminne five times a day for 12 weeks still felt the benefits a year later.

- 3. Tweak your home.** Simple changes make a difference. Shut all windows to keep out pollen. Use an air conditioner to cool your home instead of a fan, which draws in air from outside. Take off your shoes at the door and ask guests to do the same. That keeps allergens outside. Finally, don't allow guests, or yourself, to smoke inside the home. It can make allergy symptoms worse. If you or someone you live with smokes, now is a good time to quit.

## Rebound Fitness & Rehabilitation Book

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



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Healthier Lifestyle!**



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For All Major  
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