



REBOUND FITNESS & REHABILITATION

NEWSLETTER

The Newsletter About Your Health And Caring For Your Body



THE IMPORTANCE OF PHYSICAL THERAPY EVEN IN THE SUMMER MONTHS

SEE INSIDE:

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www.reboundfitness.com



THE IMPORTANCE OF PHYSICAL THERAPY, EVEN IN THE SUMMER MONTHS

With the summer months upon us, we understand that many of our patients will be busy and may not have the time they used to. Because of this, it is a trend that many patients opt to cut out their physical therapy sessions in the summer months.

While we understand the busy summer schedules with vacations, work, preparing children for summer camps, etc., we still want you to be safe, healthy, and comfortable in the summer months – so you can enjoy the warm weather without pain!

At Rebound Fitness & Rehabilitation, we will work around your busy schedule to find a time that works best for you – so you can still get all your summer activities done while still taking care of yourself and continuing your physical therapy sessions!

For more information on keeping physical therapy sessions as part of your routine during the busy summer months, don't hesitate to contact Rebound Fitness & Rehabilitation today.

I'M HAVING TROUBLE FINDING TIME FOR PHYSICAL THERAPY – WHAT SHOULD I DO?

As the saying goes, "where there's a will, there's a way." If you are looking to keep your physical therapy sessions as part of your routine, we can find a way to help you fit that into your busy schedule.

One tip for finding time to include physical therapy into your life is taking a look at your schedule and blocking out time for your physical health.

Does your schedule leave little time to fit in physical activity? Perhaps you have a full day of commuting to and from your 9-5 job, preparing your kids for their summer excursions, volunteering, or acting as a chauffeur while the kids are out of school.

However, even adding 30 minutes into your busy routine for a quick PT session with your therapist can make a big difference in helping maintain your physical function.

In addition to finding time for physical therapy, try your best to set aside some time each day to exercise. Try taking a walk during your lunch break, going to the gym in the morning before making your commute, or even treating yourself to an exercise class a couple nights a week – you deserve it!

PHYSICAL THERAPY IS STILL ESSENTIAL, NO MATTER THE TIME OF YEAR



Physical therapy is a great way to make sure you are still in optimum health and your body is strong while you tackle your summer activities.

Additionally, physical therapy can not only help the body stay strong and heal as quickly as possible, but it can also help combat illness – which, as we all know, is important now more than ever.

The individualized stretches and exercises we prescribe for your treatment plan are great ways to boost your immune system. When your body is in shape, it quite literally has more strength

to fight off unwanted viruses. Aiming for at least 20-30 minutes of physical activity a day can help strengthen not only you, but your immune system as well.

Additionally, our physical therapists can help with nutritional services, which can prove to be a difficult task for many while running around during the summer months. The essential vitamins found in many fruits and vegetables are key to making sure your immune system is as healthy as possible.

In light of current events, we are still taking primary precautions to make sure our clinic is as safe and sanitary as possible for our patients. We will be following strict sanitary protocols by making sure every surface in our clinic is thoroughly cleaned and wiped down at all times. This will decrease the risk of any potential germs lingering on surfaces. Not only that, we can also offer telehealth services for those interested in continuing physical therapy sessions while they're at home or even while they're on vacation!

GET STARTED TODAY

Ready to get back into your physical therapy sessions? We can help accommodate for whatever you may need! Contact Rebound Fitness & Rehabilitation today to schedule an appointment.

Frozen Banana Pops



INGREDIENTS

- 4 bananas, peeled and cut into thirds
- 6 oz dark chocolate, chopped
- 3 tbsp toasted pecans, finely chopped
- 12 wooden popsicle sticks

INSTRUCTIONS

Insert 1 stick into each piece of banana. Arrange bananas on a plate or flat pan and freeze at least 3 hours. In a small microwave-safe bowl, microwave the chocolate in 30-sec. intervals, until melted and smooth, stirring in between intervals. Let cool slightly. Working with 1 banana at a time, dip into melted chocolate to coat, then immediately sprinkle with toasted pecans. Place on a sheet of parchment paper until set. Repeat with remaining bananas, chocolate, and toppings. Return to freezer until ready to eat.

Exercise of the Month

Helps to strengthen lower body muscles



 SimpleSet Pro
www.simpleset.net

LUNGE

Start by standing with feet shoulder-width-apart. Next, take a step forward and allow your front knee to bend. Your back knee may bend as well. Then, return to original position, or you may walk and take a step forward and repeat with the other leg. Keep your pelvis level and straight the entire time. Your front knee should bend in line with the 2nd toe and not pass the front of the foot.

PATIENT SUCCESS SPOTLIGHT



"Whenever they have joint/muscle pain, the first thing we have in mind is 'call Greg.'"

"My two sons are competitive swimmers and often have muscle pains/injuries. They have been coming to Rebound for many years for workouts and "fixing" injuries, which has always worked great. They love to work with Greg, Rennie, Jay and other trainers there. Now, whenever they have joint/muscle pain, the first thing we have in mind is 'call Greg.' Thank you Rebound for helping us all these years!" **-Crystal O.**

4 Simple Ways To Make Hydration A Habit!

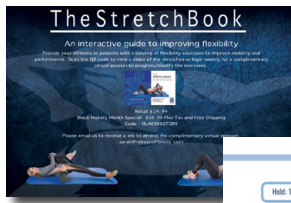
Many people are so busy that they barely have time to eat, let alone pause for a water break, and you may find that you often go hours and hours without quenching your thirst. But staying hydrated has real advantages, including helping you maintain your energy and focus. It's important to give your drinking habits the attention they deserve. Here are some simple ways to stay hydrated this summer.

1. Always carry a water bottle. If you have a bottle within arm's reach, it's very likely that you'll mindlessly sip from it throughout the day, without having to make a conscious effort.
2. When you're feeling frazzled, grab a glass of cold water. Studies show that people instantly feel more alert after drinking H2O.

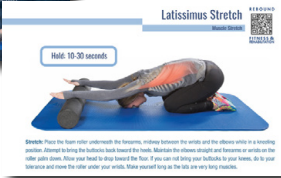
3. Sip on a mug of herbal tea every evening. If you make this a habit, you'll add an extra cup of fluid to your body every single day.
 4. Eat a diet rich in whole foods. By eating foods like vegetables, fruits, and yogurt, you'll automatically up your fluid intake.
- If you're an elderly adult, it's especially important to pay attention to hydration. Aging impairs the body's natural thirst mechanisms, which makes it easier to become dehydrated. These tips should make hydration a habit in your life. Remember to always keep a water bottle as a physical reminder to drink even if you're not thirsty.

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!



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 07-31-21

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