



REBOUND FITNESS & REHABILITATION

# NEWSLETTER

The Newsletter About Your Health And Caring For Your Body

## STAY HEALTHY & INJURY FREE BY COMING BACK TO PT



**SEE INSIDE:**

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



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## TIPS FOR PREVENTING AVOIDABLE INJURIES WITH PHYSICAL ACTIVITY

No matter what type of physical activity you partake in, it is possible for injuries to occur. Whether you enjoy taking walks at night, playing sports on the weekends, or training for athletic trials throughout the week, it is important to make sure you are always being as safe as possible.

Perhaps the most common injury that people endure from physical activity is an overall feeling of soreness, caused by overusing the muscles, tendons, and ligaments. When the muscles, tendons, or ligaments are over-stretched, the tissues experience minor damage in the form of microscopic tears. This typically occurs when completing an exercise that the body is not used to, or exercising for the first time after a prolonged period of rest. The soreness may linger for a few days but usually goes away on its own. However, the severity of the damage determines how long the body will need to recover. For more information on how you can prevent severe injuries, contact Rebound Fitness & Rehabilitation today.

### WHAT ARE SOME COMMON INJURIES?

At Rebound Fitness & Rehabilitation, our licensed physical therapists can guide you through proper exercises, stretches, movements, and body control, in order to prevent future injuries from occurring. Many injuries occur due to improper techniques or overexerting your body. Some of the most commonly sustained injuries include sprains, strains, and tendinitis.

Many people think "sprains" and "strains" are synonymous; however, they have one distinct difference. Sprains occur when a ligament is stretched beyond its limits or torn, while strains occur when a tendon is stretched

beyond its limits or torn. Tendons are tissues that connect muscles to bones, and ligaments are tissues that connect bones to one another. Sprains and strains can both range from mild to severe, and even mild ones may take up to 6 weeks to heal. When they become more severe, braces or surgical correction may be necessary. This will require a longer recovery time, up to 8 weeks or longer, and physical therapy treatments will likely be prescribed.

It is important to note that it is in your best interest to have a physical therapist make sure a sprain or strain is fully healed before returning to your normal level of physical activity, as it is common for old sprains and strains to develop again in the future if they have not been properly rehabilitated.

Tendinitis is an overuse injury that causes the tendons to become inflamed. There are several reasons why tendinitis may occur, but whatever the case may be, we know that it has developed as a result of unnecessary amounts of strain. For example, some people may develop tendinitis in their shoulders or elbows because of improper posture. If the neck and back are not properly aligned, unnecessary stress is placed on other parts of the body. Movements in the shoulders and arms are altered as a way to compensate, causing increased strain on the tendons. Tendinitis can be corrected with physical therapy treatments, since PTs are trained in relieving pain, decreasing inflammation, and restoring posture, motion, and function.

# HOW CAN I PREVENT THESE INJURIES?

While it is always a wise decision to consult with a physical therapist, there are some tips you can implement into your personal life as well, in order to decrease your risk of sustaining an injury. These include:

- **Stretching.** This is one of the most important ways to prevent injuries. Your tissues require water in order to be elastic, and stretching helps to bring water into the tissues. This increases muscle flexibility and prevents them from becoming stiff or tight, thus decreasing the chances of them over-stretching and/or tearing.
- **Hydrating and eating nutritious meals.** Did you know that your body is over 70% water? Because of this, it requires water in order to remain supple and function properly. Without adequate water and nutrition, your body's tissues are more prone to over-stretching and injury. Make sure you drink the recommended 8 glasses of water a day, and always keep a water bottle with you when you are working out. If needed, you can also replenish your electrolytes with sports drinks, such as Gatorade.
- **Staying within your abilities.** It is important to train and practice for any physical activity you'd like to try. Start small in the beginning and build up from there. For example, if you aren't used to running but you'd like to complete a 5k, don't start off with 3-mile runs. Begin with a half mile and slowly build up. When you push your body past its current limits, you make yourself more prone to injuries because your body is not prepared for the physical demands being asked of it. A physical therapist can help you understand the limits of your body

and can create an exercise plan for you to reach your physical goals.

- **Using the proper equipment.** When engaging in any type of physical activity, it is important to make sure you have the right equipment. For example, running shoes, hiking boots, helmets, and more can help you avoid injury and stay safe while doing the activities you enjoy. They can make all the difference when it comes to preventing injuries.

## WHAT SHOULD I DO NOW?

If you are suffering from aches and pains, you think you may have sustained an injury, or you'd like to learn more about injury prevention, contact Rebound Fitness & Rehabilitation today. One of our dedicated physical therapists would be happy to meet with you for a consultation and discuss how our different programs can help you remain active and pain-free!



## Crab Tacos

### INGREDIENTS

- Tortillas

For the filling

- 50ml mayonnaise
- 200g brown crabmeat
- Juice ½ lime
- 1 small fennel bulb, sliced
- ½ cucumber, halved lengthways, sliced
- Small bunch fresh chives, finely chopped
- Small bunch fresh coriander, roughly chopped
- 2 spring onions, finely sliced



- 300g white crabmeat

For the tomato salsa

- 200g cherry tomatoes, quartered
- ½ red onion, very finely diced
- Juice 1 lime
- Handful fresh mint, chopped
- Coriander and mint leaves to garnish

### INSTRUCTIONS

Mix all the filling ingredients except the white crabmeat, then taste and season. Mix all the ingredients for the salsa in a bowl and season well. To assemble, fill a tortilla with some of the filling mixture, then top with some white crabmeat and a dollop of salsa. Garnish with a few herb leaves, then roll up the tortilla.

Recipe: <https://www.deliciousmagazine.co.uk/recipes/crab-tacos/>

## Exercise of the Month

*Helps to strengthen your hips.*

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



### CLAMSHELLS

Lie on your side with your hips at 45 degrees and your knees bent to 90 degrees. Your heels are in line with your head, torso, and hips. Rotate your hips and knees apart (like a clam opening) while remaining contact with your heels. Keep the top hip parallel with the ceiling. Lower your leg to the starting position and repeat on other side. You should feel a stretch in the outer hip of your top leg. Repeat 10 times on each side.

# PATIENT SUCCESS SPOTLIGHT



## "Highly recommend Rebound Fitness!"

"Greg and Maya and his entire team are great. They give very individual attention to my specific needs and monitor all of my in person exercises to ensure I have proper form. Highly recommend Rebound Fitness!"

—*Leelach DeKoven*

## SUMMERTIME FITNESS

Here are some tips and suggestions for a healthy, more fit you this summer!

- **Adjust your body temperature.** Hop into a cold shower before your workout. Studies show that a pre-exercise cool down improves performance in the heat – probably because it lowers your heart rate as well as core and skin temperatures.
- **Get the dirt.** Try to walk, run, or cycle on dirt or gravel paths, since asphalt and concrete tend to radiate heat and reflect the sun's rays, making you feel hotter. Live near water? Take advantage of the breeze on even steamy days; if possible, start out with the wind at your back, so when you're finishing you'll be running into a headwind, which feels cooler.

- **Cool down with essential oils.** Dabbing a few drops of peppermint or eucalyptus oil on the back of your neck and at your temples just before your workout provides a cooling effect and also opens up your nasal passages, so you can breathe a little easier when the air is humid.
- **Summarize your intervals.** To keep your fitness level up, do your regular cardio at a slightly slower pace, but add in 30-second speed bursts every three to five minutes. You'll maintain your conditioning and burn more calories without having to go all-out the entire time.
- **Refuel with fruit.** They're more than 80 percent water, so fruits such as grapes, watermelon, cantaloupe, and honeydew are a tasty way to replenish fluids and boost your energy post-workout. Keep them frozen or grind them into a smoothie for a refreshing treat!

## 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](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**

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Northbrook, IL 60062

Offer valid for the first 20 people to schedule.  
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