



REBOUND FITNESS & REHABILITATION

NEWSLETTER

The Newsletter About Your Health And Caring For Your Body



**ARE YOU
EXPERIENCING
QUARANTINE PAIN?
WE CAN HELP YOU RECOVER.**

SEE INSIDE:

- *Rebound Fitness & Rehabilitation Book* • *Healthy Recipe*
- *Exercise Of The Month* • *Patient Success Spotlight*

www.reboundfitness.com



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THERAPY CAN AID IN POST- COVID19 RECOVERY

COME BACK TO PHYSICAL THERAPY! CALL (847) 714-7400 TODAY!

Here at Rebound Fitness & Rehabilitation, we offer methods of treatment for patients recovering from COVID-19. As more research is done, it's being discovered that there are several lasting effects from the virus, many of which are causing challenges that can continue for unprecedented amounts of time. We want to inform you that the patients recovering from COVID-19 at our clinic are no longer sick or contagious, and we are still taking the necessary precautions to prevent the spread of the virus.

If you are experiencing lasting side effects of the virus, contact our Northbrook clinic to learn more about how our physical, occupational, and speech therapists can aid in your recovery.

HOW CAN THERAPY HELP WITH RECOVERY?

Some common physical conditions we are seeing in people recovering from COVID19:

- Difficulty walking
- Shortness of breath
- Weakness
- Fatigue
- Decreased balance
- Difficulties with swallowing
- Memory problems
- Difficulty with word-finding
- Cognitive changes

GETTING ON THE ROAD TO RECOVERY

COVID-19 isn't the only cause of these impairments. They can also be the result of other health conditions and illnesses, such as the flu, pneumonia, asthma, bronchitis, amyotrophic lateral sclerosis (ALS), and others.

Regardless of what the cause for your condition is, our physical, occupational, and speech therapists at Rebound Fitness & Rehabilitation can help with recovery through the following types of training and exercise programs:

- Aerobic exercise and reconditioning for improved pulmonary health
- Stretching
- Endurance training
- Balance and gait training

- Upper and lower body strengthening exercises
- Breathing exercises to increase lung function and capacity
- Manual therapy
- Restoring muscle strength
- Speech/language therapy for damage caused by mechanical ventilation (such as injuries from breathing tubes to vocal cords, or deconditioning of the muscles needed for swallowing)

It doesn't matter if you've been experiencing the above mentioned lingering side effects from COVID-19 or another illness altogether; therapeutic intervention may benefit you and help you get back to living as normally as possible. Call Rebound Fitness & Rehabilitation today to set up an appointment and learn more about what we're doing to prevent the spread of COVID-19.



Veggie Hummus Rolls

INGREDIENTS

- 2 vegan whole wheat wraps
- 1/2 cup diced red peppers
- 1/2 cup diced yellow pepper
- 1/2 cup diced red cabbage
- 2 large carrots, peeled
- 6-8 tbsp. no-oil, low-salt hummus
- 2 tbsp. raw sunflower seeds (or your choice of raw seeds)



INSTRUCTIONS

Heat wraps for 10 to 20 seconds in the microwave. Spread each wrap with 3 to 4 tbsp of no-oil hummus (depending on the diameter of your wrap). Divide veggies and sprinkle on top of the hummus on each wrap. Make sure to stop your veggies about 2 inches down from the edge of the tortillas (this will help the wraps seal up better). Starting on the opposite end, roll upwards tightly and press down to seal. Eat as whole wraps or cut into 1 1/2 to 2 inch pieces to make sushi-like rolls.

Exercise of the Month

Helps relax your whole body.



DIAPHRAGMATIC BREATHING

Lie on your back with your knees bent. Breathe deep, from the belly. Repeat ten times.

PATIENT SUCCESS SPOTLIGHT



"Please if you are looking to get back stronger come here!"

"I had about 3 hamstring injuries and I didn't go to Rebound Fitness until the last one. I was gone for about a good year off of my sports. But now I'm back better than ever because of Greg and Rebound Fitness, and they really helped me and take care of me all the time! And the environment feels like home! Please, if you are looking to get back stronger come here!" – **Dawson Wright**

COVID RECOVERY TIPS

HAVE YOU BEEN DIAGNOSED WITH COVID IN THE PAST?

If so, you may find that your symptoms are still lingering. If you are still noticing covid-related symptoms after your projected recovery period has ended, it is important to seek the help of a skilled professional who can prescribe rehabilitation services while still being able to monitor your health.

In addition, you can check out our recovery tips and ways to boost your immunity below. To learn more, don't hesitate to contact Rebound Fitness & Rehabilitation today!

- Make sure you are continuing to exercise

- Boost your immune system by enjoying the beautiful weather
- Get vaccinated
- Continue to keep a safe distance

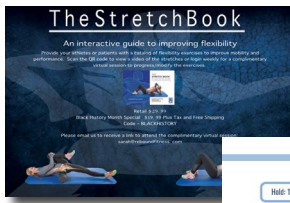
CONTACT US FOR MORE INFORMATION!

If you are still experiencing the lingering effects of covid-19, or if you are simply looking for ways to protect yourself against the virus, we can help.

For more information, contact Rebound Fitness & Rehabilitation today to consult with one of our physical therapists!

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

666 Dundee Road, Unit 1002
Northbrook, IL 60062

Offer valid for the first 20 people to schedule.
Expires 09-30-21