



REBOUND FITNESS & REHABILITATION

NEWSLETTER

The Newsletter About Your Health And Caring For Your Body



DON'T LET BACK TO SCHOOL BE A PAIN!

SEE INSIDE:

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



REBOUND FITNESS & REHABILITATION NEWSLETTER

The Newsletter About Your Health And Caring For Your Body



FIGHTING LOWER BACK PAIN AT THE BEGINNING OF THE NEW SCHOOL YEAR

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

Are You or Your Kids Going Back to School? Prevent Back Pain with Physical Therapy!

Have you thought about how much going back to school takes a toll on your body? We may not think about it much but sitting at desks for extended periods of time, lugging around books, and rushing to classes can really take a physical toll - especially on the back!

At Rebound Fitness & Rehabilitation, we want to make sure that our patients going back to school don't develop back pain at the beginning of the new school year. To learn more about how physical therapy can help you fight lower back pain as you go back to school, contact us today!

How can I avoid back pain?

- **ERGONOMICS.** There are several ergonomic changes you can make in order to prevent back pain from developing. Seat cushions can help you sit up straighter, setting up your monitor to meet your eye line can prevent straining or slouching, and investing in a standing

or adjustable desk can prevent unnecessary strain on your lower back. Schedule a consultation with a PT to discover what ergonomic changes might work best for you!

- **EXERCISE/POSTURE.** This may seem counterintuitive, but exercise can actually aid in back pain relief and prevention! When you are staying active and engaging your core, you are better able to complete the physical demands of the day without noticing pain. Additionally, making sure you are practicing proper posture throughout the school day and during your workout routines can help in preventing unnecessary weight from being placed on your back and avoiding unwanted aches and pains. Your physical therapist can help you identify proper posture and discover the best exercise plan for your needs!

- **PHYSICAL THERAPY!** Need additional assistance? Our physical therapists have got you covered! Fight lower back pain at the beginning of this new school year by getting professional help from our movement experts!

BACKPACK STRATEGIES FOR PARENTS & STUDENTS

Carrying too much weight in a pack or wearing it the wrong way can lead to pain and strain. Parents can take steps to help children load and wear backpacks the correct way to avoid health problems.

Loading the backpack:

- A child's backpack should weigh no more than about 10% of their body weight. This means a student weighing 100 pounds shouldn't wear a loaded school backpack heavier than about 10 pounds.
- Load heaviest items closest to the child's back (the back of the pack).
- Arrange books and materials so they won't slide around in the backpack.
- Check what your child carries to school and brings home. Make sure the items are necessary for the day's activities.
- If the backpack is too heavy or tightly packed, your child can hand carry a book or other item outside the pack.
- If the backpack is too heavy on a regular basis, consider using a book bag on wheels if your child's school allows it.



Wearing the backpack:

- Distribute weight evenly by using both straps. Wearing a pack slung over one shoulder can cause a child to lean to one side, curving the spine and causing pain or discomfort.
- Select a pack with well-padded shoulder straps. Shoulders and necks have many blood vessels and nerves that can cause pain and tingling in the neck, arms, and hands when too much pressure is applied.
- Adjust the shoulder straps so that the pack fits snugly on the child's back. A pack that hangs loosely from the back can pull the child backwards and strain muscles.
- Wear the waist belt if the backpack has one. This helps distribute the pack's weight more evenly.
- The bottom of the pack should rest in the curve of the lower back. It should never rest more than four inches below the child's waistline.
- School backpacks come in different sizes for different ages. Choose the right size pack for your child as well as one with enough room for necessary school items.
- Only put items in your backpack that you need for the day.

HEALTHY RECIPE: Pumpkin Soup

INGREDIENTS

- 6 c vegetable stock
- 1 ½ tsp salt
- 4 c pumpkin puree
- 1 tsp chopped fresh parsley
- 1 cup chopped onion
- ½ tsp chopped fresh thyme
- 1 clove garlic, minced
- ½ c heavy whipping cream
- 2 tsp black pepper



INSTRUCTIONS

Heat stock, salt, pumpkin, onion, thyme, garlic, and peppercorns. Bring to a boil, reduce heat to low, and simmer for 30 minutes uncovered. Puree the soup in small batches (1 cup at a time) using a food processor or blender. Return to pan, and bring to a boil again. Reduce heat to low, and simmer for another 30 minutes, uncovered. Stir in heavy cream. Pour into soup bowls and garnish with fresh parsley. *Recipe: <https://www.allrecipes.com/recipe/9191/pumpkin-soup/>*

Exercise of the Month

Relieves low back pain.



 SimpleSet Pro
www.simpleset.net

FORWARD BEND - LONG SITTING

Sit with legs straight out and lower back tall. Bend forward keeping lower back tall to feel a stretch in the back of your thighs. This helps with lower back pain. Hold for 20 counts and repeat as needed.



**REBOUND
FITNESS &
REHABILITATION**

PATIENT SUCCESS SPOTLIGHT



"Greg and his team are simply the best."

"Greg and his team are simply the best. Over many years, they have helped me recover from surgeries and injury, and maintain my fitness and flexibility. Their individualized approach is something you can't find anywhere else."

- **Matthew Hafter**

HOW TO IMPROVE YOUR CHILD'S NUTRITION

- **ENSURE YOUR KIDS DRINK PLENTY OF WATER.** Dehydration can lead to a system overload. Our thinking becomes cloudy, energy diminishes, cell activity becomes sluggish and elimination becomes stagnant. Sending your kids to school with 1-2 water bottles daily is one of the easiest and healthiest options. Adding freshly squeezed lemon and lime can add flavor and aids in digestion.
- **NUT FREE - SANDWICH FREE BOX LUNCH: HUMMUS AND PITA PLATE.** The lunchtime sandwich may be the standard option, but let's face it: Slapping the same smears onto bread – day after day, week after week – can leave kids and parents a little bored. Pack with: Salami, olives, carrots, baby tomatoes, and grapes.

- **MAKE SURE CHILDREN GET ENOUGH SLEEP.** Growing children need sleep, although they will beg to differ with you! It is vital to their mood, behavior and attention. Children aged 6-13 need about 9-11 hours of sleep a night. To help your children get a good night's sleep, help instill a regular bedtime routine, ensure the TV, computer, video games and cell phone are out of your child's bedroom and that the room is as dark as possible. Essential oils, such as lavender, can help to release tension and allow for relaxation as well.

Using these back-to-school nutrition tips, you can set the tone for the school year and support your child's health, happiness and success. Wishing all kids a wonderful first week back to school!

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!

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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 10-31-21

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