



REBOUND FITNESS & REHABILITATION

# NEWSLETTER

The Newsletter About Your Health And Caring For Your Body



## DON'T LET MOBILITY LIMITATIONS HOLD YOU BACK

**SEE INSIDE:**

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

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



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**NEWSLETTER**  
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## **DON'T LET MOBILITY LIMITATIONS HOLD YOU BACK**

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

Mobility limitations increase as we age and our bodies change in different ways. Some of us may lose muscle mass and strength. Others may experience joint aches and pains or balance and gait problems. Living with these kinds of physical restrictions can cause an individual to feel as if they're losing their sense of independence, which can also take a toll on their mental and emotional health as well. If you're experiencing an issue with your mobility, or have noticed that many things are difficult for you to do on your own, know that there is help available.

At Rebound Fitness & Rehabilitation our physical therapists are dedicated to helping you maintain as much independence as possible through our customized treatment plans.

Call our clinic today to learn how we can help you to keep living the kind of life you want with less pain, discomfort or movement restrictions.

### **How Rebound Fitness & Rehabilitation can help you maintain your independence**

We understand that many of our patients live with mobility and strength deficits, and want to lessen the load as much as possible when it comes to searching for specialists to treat different limitations. We also acknowledge the importance of maintaining as much independence as possible regardless of your age or condition. The purpose of therapy at Rebound Fitness & Rehabilitation is to help relieve your pain and reach your peak level of physical health. Perhaps you are still suffering from the lingering pain of an injury.

You might be recovering from a surgery and trying to get your range of motion back. Maybe your joints simply aren't what they used to be, and you are looking for relief.

# HOW WE CAN HELP YOU

Our skilled team of therapists provides one-on-one treatment for each of our patients and will work with you to improve your strength, muscle tone, balancing abilities, gait, range of motion, and more through several different treatment techniques.

**Some of the physical therapy techniques our therapists may use for your treatment to help you improve your mobility are:**

- **RICE:** Nope, this isn't a food! RICE stands for "Rest," "Ice," "Compression" and "Elevation." Your physical therapist may recommend RICE to you to reduce pain and inflammation.
- **JOINT MOBILIZATION TECHNIQUES:** Have you ever heard of a "wobble board?" They're also known as balance boards. Working with these tools can help you improve your joint mobility, especially in your foot or ankle joints. You might also benefit from techniques that work to loosen and break up internal scar tissue, which can form over old injuries and cause chronic soreness and stiffness.
- **STRETCHING EXERCISES:** Did you know that injured muscles and connective tissues are capable of healing and returning to their previous length and range of motion? It's possible with the help of stretching exercises. These exercises are also excellent for preventing arthritic joints from becoming more stiff over time. Workouts on a bicycle or treadmill may be suggestions our physical therapists propose to you.

## Worried about maintaining your sense of independence?

No matter what your day to day activities may be, you deserve to enjoy them feeling safe, stable, and secure in your abilities. Let the skilled team at Rebound Fitness & Rehabilitation assess your condition and physical goals, so that we can provide you with the best care possible using the most successful treatment techniques available.

Call our clinic today to schedule your appointment, and rest assured that your independence and wellbeing are our top priority!



## HEALTHY RECIPE: Apple Cider



### INGREDIENTS

- 1 (64 fluid ounce) bottle apple cider
- 3 cinnamon sticks
- 1 teaspoon whole allspice
- 1 teaspoon whole cloves
- 1/3 cup brown sugar

### INSTRUCTIONS

In a slow cooker, combine apple cider and cinnamon sticks. Wrap allspice and cloves in a small piece of cheesecloth, and add to pot. Stir in brown sugar. Bring to a boil over high heat. Reduce heat, and keep warm.

## Exercise of the Month

*Strengthens core.*



### HIP HIKES

 SimpleSet Pro  
www.simpleset.net

While standing up on a step, lower one leg downward towards the floor by tilting your pelvis to the side. Then return the pelvis/leg back to a leveled position.



# PATIENT SUCCESS SPOTLIGHT



## "Exceptional."

"Exceptional. I've done PT for years, but Greg was literally the first one to fix my pain. I'm not going anywhere else after meeting him — a true master."

— Kelly Fidei

## DON'T FORGET TO SAY THANKS!

**GRATITUDE & HEALTH:** Feeling thankful can improve your health in both direct and indirect ways. Some research shows that the experience of gratitude can induce a sense of relaxation, improve the immune system, and decrease blood pressure. But grateful people also tend to cultivate better health habits, like eating more nutritious food, exercising, and avoiding risky behaviors.

**GRATITUDE & JOY:** Robert Emmons, an internationally renowned scientific expert on gratitude, has found that acknowledging the good in life has a tendency to amplify positive emotions, such as joy and contentment, because it helps us slow down. Consider the last time you had a good cup of coffee—did you pay attention to the warmth of the cup on your hands, or the feeling of pleasure as you took the first

sip? It's easy to ignore these small moments of positivity in our day as we rush from one activity to another, but stopping to appreciate them makes them more powerful.

**GRATITUDE & RESILIENCE:** Practicing gratitude can also make you better equipped to handle the difficulties of life that inevitably arise. In fact, according to Emmons, it's an essential part of the process of healing from trauma. Even despair can be mitigated by the experience of appreciation for the good, however slight it might be. Thankfulness for the small blessings help you maintain your humanity despite experiencing a tragedy or loss. Many people with life-threatening illnesses also report decreased distress and increased positive emotions when they practice gratitude.

## 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**

666 Dundee Road, Unit 1002  
Northbrook, IL 60062

Offer valid for the first 20 people to schedule.  
Expires 11-30-21

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