



REBOUND FITNESS & REHABILITATION

# NEWSLETTER

The Newsletter About Your Health And Caring For Your Body



## SOLVE YOUR KNEE & HIP PAIN THIS HOLIDAY SEASON

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# REBOUND FITNESS & REHABILITATION NEWSLETTER

The Newsletter About Your Health And Caring For Your Body



## THE MOST COMMON CAUSES OF HIP & KNEE PAIN

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

For many people, hip and knee pain can be a way of life. It can pose issues when trying to enjoy leisurely walks, climb up stairs, or bend down to retrieve a dropped item. It can greatly hinder your ability to perform and enjoy daily activities.

Your hips are the body's largest "ball and socket" joints, meaning that your "femur" (hip bone) fits perfectly into your "acetabulum" (hip socket.) There is a cushion of cartilage in your hips that helps prevent friction as your hip bone moves within the socket. However, it is possible for the cartilage to wear down or become damaged with age or physical exertion. It is also possible for the muscles and tendons surrounding the hip to experience overuse. If a fall or other injury occurs, the hip bone can also break or become dislocated.

The knee joint is also one of the most complicated joints in the body, as it has to bear up to 6 times your body weight when running or jumping. This incredible joint has to move over a million times each year and over 80 million times over a lifetime. This is also the reason why things can go wrong, resulting in injury and pain.

If your hip or knee pain is limiting you from living the life you want, don't hesitate to contact Rebound Fitness & Rehabilitation as soon as possible. We'll help you get moving freely once again!

### WHY AM I EXPERIENCING HIP AND/OR KNEE PAIN?

There are many reasons why you may be experiencing hip or knee pain. Some of the most common causes include:

- **Arthritis.** Osteoarthritis and rheumatoid arthritis are the most common causes of hip and knee pain. Arthritis causes inflammation of the joints and can lead to a quicker breakdown of cartilage in the hips. This can lead to pain or stiffness with movement.
- **Strains.** Muscles or tendons can become strained due to overuse and repeated activity. This causes inflammation, which can result in pain. So, if you feel achy after walking too far, it may be your body's way of telling you you've done too much!
- **Fractures and breaks.** As we age, our bones start to become brittle, increasing the probability of fractures and breaks. This is something to keep in mind as you participate in physically demanding activities and hobbies. Have fun, but remember to be careful!
- **Dislocation.** Dislocations of the hip and knee can occur as a result of a fall or other sort of trauma. If you are experiencing pain from a recent slip or fall, you may be feeling the symptoms of a dislocation.

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# THE MOST COMMON CAUSES OF HIP & KNEE PAIN

(Continued from outside)

- **Tears.** There are four ligaments in the knees that have a possible risk of tearing. The most commonly torn ligament is the “anterior cruciate ligament,” or ACL. It is also possible for cartilage to tear, causing pain. Tears are typically a result of some sort of trauma experienced to the painful area.
- **Bursitis.** “Bursae” are liquid sacs that can be found between tissues. They help ease friction from tissues running together; however, they can also become inflamed due to overuse and repeated activity, resulting in pain. Even activities such as standing too long may result in achiness from irritated bursae later.
- **Tendinitis.** Your tendons are thick bands of tissue that connect your muscles to your bones. Tendinitis occurs when your tendons become inflamed, which, again, is a result of overuse and repeated activity.

## SO, WHAT CAN I DO?

Hip and knee pain can be a scary thought, especially with all the hustle and bustle of living a busy life. Luckily, there are some actions you can take at home to try and soothe or prevent pain:

- **Wearing properly fitted shoes.** One way to avoid hip and knee pain is by wearing well-fitted shoes with suitable arch support. Comfortable, fitted, closed-toed shoes are a great way to relieve stress on your joints and allow relaxation in your hips and knees.

## HEALTHY RECIPE: Orange Cranberry Bread

### INGREDIENTS

- 2 cups white whole wheat flour
- 1/2 cup sugar
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1 cup fresh cranberries
- 1 teaspoon orange zest
- 1/3 cup coconut oil, melted



- 3/4 cup fresh orange juice
- 1 egg

### INSTRUCTIONS

Grease an 8x4 inch loaf pan. Set aside. Preheat oven to 350° F. In a large bowl, add white whole wheat flour, sugar, baking powder, baking soda, salt, cranberries, and orange zest. Gently stir. In a separate medium-sized bowl, add coconut oil, fresh orange juice, and an egg. Add wet ingredients to dry ingredients.

Stir to combine everything together. Scrape the batter into the prepared loaf pan. Bake for 30-35 minutes. Remove and let cool for 5 minutes. Serve and enjoy!

- **Using cold and hot remedies.** Ice packs and heating pads can help in soothing your aches and pains. Rotating between ice packs and heating pads on the affected areas can provide relief.
- **Stretching.** When your joints tighten up, pain can get much worse. Help alleviate and prevent this pain by doing a daily stretching routine in your legs, hips, and back, to help release any pressure on those areas.
- **Listening to your body.** At the end of the day, always listen to your body. If you’ve been on your feet for two hours and you feel your knees tightening up, it may be time to take a small break.

## CONTACT REBOUND FITNESS & REHABILITATION FOR ADDITIONAL ASSISTANCE!

Having a regular physical therapy checkup ensures that your joints are working at their peak performance. In addition, any problems will be discovered early, preventing the onset of arthritis and joint injury. If you do have arthritis or have had surgery, then a regular physical therapy check-up is especially important.

At Rebound Fitness & Rehabilitation, we can provide you with a joint analysis to determine any problem areas in the hip or knee joints, and treat them accordingly.

**Schedule a consultation with one of our expert physical therapists today to discover how you can live life with freely moving joints!**

## Exercise of the Month

*Relieves knee pain.*

EXERCISES COPYRIGHT OF  
SimpleFit Pro  
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### KNEE EXTENSION STRETCH

While sitting near the edge of a chair, tighten your top thigh muscle to press the back of your knee downward towards the ground. Repeat 6 times on each leg.



# 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, 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 W.**

## TIPS TO AVOID HOLIDAY STRESS

- **Be realistic.** The holidays don't have to be perfect or just like last year. As families change and grow, traditions and rituals often change as well. Choose a few to hold on to, and be open to creating new ones. For example, if your adult children can't come to your house, find new ways to celebrate together, such as sharing pictures, e-mails or videos.
- **Stick to a budget.** Before you go gift and food shopping, decide how much money you can afford to spend. Then stick to your budget. Don't try to buy happiness with an avalanche of gifts.

### Try these alternatives:

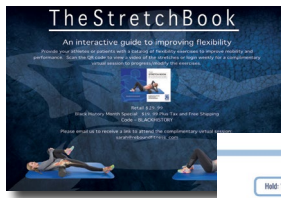
- Donate to a charity in someone's name.
- Give homemade gifts.

- **Plan ahead.** Set aside specific days for shopping, baking, visiting friends and other activities. Plan your menus and then make your shopping list. And make sure to line up help for party prep and cleanup.
- **Learn to say no.** Saying yes when you should say no can leave you feeling resentful and overwhelmed. Friends and colleagues will understand if you can't participate in every project or activity.

Don't let the holidays become something you dread. Instead, take steps to prevent the stress and depression that can descend during the holidays. Learn to recognize your holiday triggers, such as financial pressures or personal demands, so you can combat them before they lead to a meltdown.

## 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**

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TODAY!**

**We Look Forward To Hearing From You!**  
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Offer valid for the first 20 people to schedule.  
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