



REBOUND FITNESS & REHABILITATION

# NEWSLETTER

The Newsletter About Your Health And Caring For Your Body

## DON'T LET 2022 BE A HEADACHE



**SEE INSIDE:**

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

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



## WHAT CAN SOLVE MY CHRONIC HEADACHES & MIGRAINES?

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

If you are experiencing stiff or tight muscles in your neck, and/or if you are living with chronic headaches or migraines, myofascial release can help you find relief. This hands-on treatment helps with pain relief by easing the tension in your muscles. It is a form of massage performed by your physical therapist that focuses on specific pressure points, aimed at bringing the myofascia back to its elastic form. If you've been noticing pain in your neck or head, and you think you could benefit from myofascial release, give our office at Rebound Fitness & Rehabilitation a call today. We would be happy to set up a consultation and discuss how our treatment services could benefit you!

### HOW DOES MYOFASCIAL RELEASE HELP?

If you live with headaches or migraines, you know how painful and debilitating they can be. Attacks are usually characterized by painful throbbing or pulsing on one side of the head, which can also be accompanied by changes in vision, nausea, vomiting, sensitivity to light, or sensitivity to sound.

When the muscles around your neck become tight, your mobility of the affected area becomes restricted, and any movements you make can result in pain. Myofascial release reverses this sensation by loosening up the constricted area, thus promoting easier mobility and less pain.

This targeted form of treatment has been known to relieve the pain of chronic headaches and migraines by massaging the tightened muscles around the head and neck. If you've sustained an injury to the neck or head that is causing your headaches, myofascial release can also help by massaging out the affected area, in order to loosen up the muscles and allow for a quicker healing process.

These manual techniques not only help in reducing pain, but they also keep the head and neck moving the way they should. In fact, the manual and massaging properties of myofascial release have also been shown to help chronic headache and migraine sufferers sleep better and experience attacks less frequently.

# HOW CAN I GET STARTED ON MY PAIN-FREE JOURNEY?

If you are experiencing neck pain and/or chronic headaches and you think you could benefit from myofascial release, give our office a call today. Scheduling an appointment is the first step in getting a new treatment added to your plan and finding relief for your debilitating aches and pains.

At Rebound Fitness & Rehabilitation, our physical therapists will provide you with a thorough evaluation to determine the best ways in which our treatment methods will benefit you. We understand how inhibiting pain and stiffness can be, and we want to help get you back to comfortably living your life.

## FIND RELIEF TODAY!

Don't let your chronic headaches and neck pain dictate your life! You can live comfortably once again and get back to your normal life with the help of our dedicated and highly experienced physical therapists at Rebound Fitness & Rehabilitation. Myofascial release can help you reclaim your life once again!

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

## HEALTHY RECIPE: Stuffed Eggplant

### INGREDIENTS

- 2 medium eggplant
- 2 tbsp olive oil, divided
- 2 cloves garlic, minced
- 1 tsp dried Italian seasoning, crushed
- ¼ tsp salt
- 1 (14.5 oz) can diced tomatoes
- 1 cup fat-free ricotta cheese
- ¼ cup Parmesan cheese, finely grated
- ¼ cup chopped fresh basil



### INSTRUCTIONS

Preheat oven to 350 degrees F. Cut each eggplant in half lengthwise. Using a spoon and/or paring knife, scoop out the eggplant flesh, leaving 1/4-inch-thick shell. Set the flesh aside. Place the eggplant shells on a baking sheet. Brush 1 tablespoon of the oil over the shells. Bake 25 minutes. Meanwhile, chop the eggplant flesh. Heat the remaining 1 tablespoon oil in a very large skillet over medium heat. Add the chopped eggplant, garlic, Italian seasoning, and salt; cook and stir 5 minutes. Stir in tomatoes. Bring to boiling; reduce heat. Simmer, covered, 10 minutes, stirring occasionally. Fill the eggplant shells with the tomato mixture. Spoon mounds of ricotta over each filled eggplant shell. Sprinkle with Parmesan. Bake about 15 minutes or until heated through. Sprinkle with basil.

<http://www.eatingwell.com/recipe/269863/italian-style-stuffed-eggplant/>



## Exercise of the Month

*Helps to relax your body & relieve stress.*

### PRAYER STRETCH

While in a crawl position, slowly lower your buttocks towards your feet until a stretch is felt along your back and/or buttocks.

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# PATIENT SUCCESS SPOTLIGHT



*"Rebound has an experienced team."*

"Rebound has an experienced team, and from my experience they offer a very personalized, accurate approach to getting you physically where you need to be." **-T.F.**



## A NEW YEAR MEANS A NEW YOU

### **Let Rebound Fitness & Rehabilitation Help You Reach Your Health & Fitness Goals This Year!**

The professionals at Rebound Fitness & Rehabilitation will help you regain lost motion, strength, balance and coordination resulting from pain in your shoulders, back, neck, hips or knees. Start the year off with a safe and conservative treatment that gets results, we can help to strengthen and increase your mobility, while decreasing pain.

Our goal is to empower you to actively manage your pain, increase your range of motion and get you moving again. We will get you back to living the life you deserve.



## 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 01-31-21

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