



REBOUND FITNESS & REHABILITATION

NEWSLETTER

The Newsletter About Your Health & Caring For Your Body

How Physical Therapy Can Help Treat Golfing Injuries



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REBOUND FITNESS & REHABILITATION NEWSLETTER

The Newsletter About Your Health & Caring For Your Body

DON'T LET YOUR INJURY KEEP YOU FROM THE GREEN



COME BACK TO PHYSICAL THERAPY! CALL 847.714.7400 TODAY!

Are you concerned about an old injury that seems to pop up every golf season? Have you wondered what to do to get ready for golf this year?

Request an appointment today and let one of our physical therapists assess how your body moves. We'll teach you how to resolve any issue standing in your way of getting out on the course again!

Although often thought of as a leisurely activity, golf requires considerable coordination, which can sometimes result in injury. The most common type of injury is overuse due to the repetition of swings and, even worse, poor technique.

THE MOST COMMON INJURIES IN GOLF OCCUR TO THE FOLLOWING AREAS OF THE BODY:

- **Lower back:** Improper swing technique is one of the leading causes of lower back pain among golfers. Swinging too forcefully and/or with too much or too little motion can lead to muscle strains and abnormal pressure on the spine's discs. This is particularly important for senior golfers who have lost spinal mobility as they get older.
- **Neck:** New golfers, in particular, are not used to twisting their bodies as far or as many times as a round of golf requires. Although the head should stay relatively still while swinging, the movement of the rest of the spine causes rotation of the neck from the bottom up instead of our usual top-down sensation. You can sometimes avoid neck pain or injuries by first warming up properly, taking frequent breaks, starting with fewer holes in the beginning, and slowly working up to more extended periods of practice and play.

- **Shoulder:** Shoulder pain and injury can occur at any phase of the golf swing but tend to be due to faulty swings, a traumatic force like hitting a root or rock, taking a deep divot, or fatigue and overuse. Golfers typically develop problems with their tendons (i.e., rotator cuff muscles) or degenerative and arthritic changes to the joints. Fortunately, most injuries respond to physical therapy intervention.
- **Elbow:** Golfer's elbow is a common issue for golfers. It is a form of tendinopathy that causes inflammation or micro-tearing in the tendons surrounding your elbow's inner aspect. This condition is often the result of repetitive gripping and/or swinging and may be related to grip on the club handle. This condition can make holding and swinging a club impossible.
- **Hip:** The hip joint typically has a lot of mobility and can withstand large amounts of forces. The hip is subjected to repeated stresses during the golf swing and is particularly vulnerable to injury.
- **Knee:** Knee pain is one of the most common types of injuries in the lower body of a golfer. The most common type of knee injury amongst golfers is a meniscal tear. This injury may be caused by sudden, forceful, twisting motions while bearing weight through the knee.

Our therapists thoroughly understand movement and specifically the biomechanics of a golf swing. We use our expertise in the musculoskeletal system to identify and manage golf injuries. Our goal is to help you recover from an injury and improve your overall movement and strength so you can get back on the course doing what you love!

WHAT TO EXPECT AT YOUR SESSIONS

The physical therapists at Rebound Fitness & Rehabilitation have an excellent understanding of the biomechanics and forces of the golf swing and can diagnose and treat any musculoskeletal injury. Our physical therapists are highly trained movement experts. We can help figure out any limitations or restrictions that may be affecting your swing or causing you pain.

At your first visit, we will perform a comprehensive evaluation that includes a thorough history and movement assessment. We will determine your specific joint range of motion as well as how your joints move in relation to one another. Furthermore, we will assess your strength, coordination, and balance to identify any weaknesses and/or limitations that may limit your ability to swing correctly.

Are You Keeping Up With Your Appointments?

By ensuring you are staying on track with your physical therapy appointments you will stay on the road of better health and wellness. Consistency is incredibly important in order to achieve the results you want. Contact us today with any questions or to schedule your next appointment today!



**REBOUND
FITNESS &
REHABILITATION**

Say Hello To Isabel



Isabel Gonzalez, ATC, LAT

Isabel graduated from North Park University in May of 2020. During her education at North Park, she completed an internship at Rebound Fitness. After completing her bachelor's in Athletic Training and receiving her certification/ license she started working

at Rebound Fitness. She is proficient with high school-aged female athletes. Isabel is also fluent in Spanish. She was officially hired in September of 2021 and primarily works at Stevenson High School as an outreach Athletic Trainer.

Learn more about our staff and book your appointment today by visiting us at: REBOUNDFITNESS.COM

This information will help us design a program tailored to your individual needs. This program will consist of flexibility/mobility, strength, and power training with correction of faulty movement patterns to help the golfer reduce the likelihood of injury and improve their overall performance. Our team will also demonstrate proper warm-up routines to ensure you're moving safely.

At Rebound Fitness & Rehabilitation, we are proud to offer a return to sports training program. This functional training program can help athletes like you return to play after surgery or a serious injury.

Our program pushes athletes to utilize multiple muscle groups at once, which in turn allows the athlete to move fluidly. Whereas traditional forms of training only work muscles in isolation.

REQUEST AN APPOINTMENT TODAY

At Rebound Fitness & Rehabilitation, our physical therapists will design a golf-specific plan to help you find relief and protect your body from future injuries and pain. No matter what condition you are dealing with, we can help you golf pain-free!



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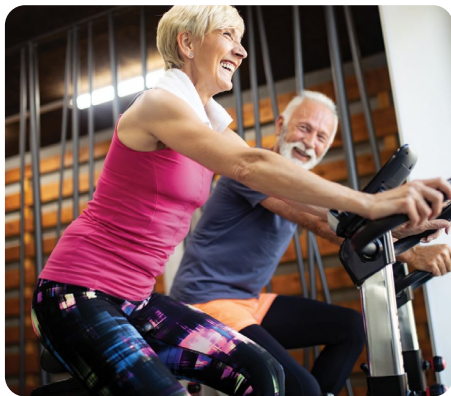
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PATIENT SUCCESS

*"They are as interested as I am in my
full recovery and that I enjoy active
retirement."*

"4 minutes from DT Northbrook! Into my 60s, my body is rebelling
for all the punishment I gave it. I'm confident working with Greg and
his ENGAGED team of professionals who answer my questions as
they guide me through rehab stages of my shoulder surgery. They
are as interested as I am in my full recovery and that I enjoy active
retirement." — J.N.



We're Staying Safe!

The staff at Rebound Fitness & Rehabilitation is focused on
keeping you healthy and our equipment and facilities clean. To
prevent the spread of COVID-19, we want to also encourage
our patients to help prevent the spread of coronavirus by:



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HANDS
OFTEN**



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