



REBOUND FITNESS & REHABILITATION

NEWSLETTER

The Newsletter About Your Health & Caring For Your Body

Summer Is the Season of Renewal and Activity



ALSO INSIDE

STAY ACTIVE ALL
SUMMER LONG

COUPON
CORNER

OUR EXCLUSIVE
STRETCH BOOK

REBOUNDFITNESS.COM



REBOUND FITNESS & REHABILITATION

NEWSLETTER

The Newsletter About Your Health & Caring For Your Body

STAY ACTIVE ALL SUMMER LONG

COME BACK TO PHYSICAL THERAPY! CALL 847.748.1320 TODAY!

Are you looking forward to getting more active after a long winter this summer? Do you worry that with more activity comes more aches and pains? At Rebound Fitness & Rehabilitation, our therapists understand injuries, how to resolve them, and avoid them. We will work with you to make sure you have a great Summer!

Summertime is here, and with it comes rekindled energy to get started on resolving old injuries and reaching your fitness goals! All of us have been stuck inside for months, so now more than ever, it's important to stay on top of your health and make sure you're engaging in activities that encourage you to get up and move. The fear of injury or perceived difficulty getting started can prevent you from initiating the steps needed for a healthy and active lifestyle.

If you require assistance for getting started, whether to resolve an injury or commit to fitness, physical therapy can help. Request an appointment with Rebound Fitness & Rehabilitation today!

WE CAN HELP YOU BE MORE ACTIVE THIS SUMMER

Studies indicate that only about 20% of the adult population in America exercises enough (i.e., minutes per day and days per week). Busy life and lack of motivation are often the main excuses for this inactivity. For some, injuries and uncertainty about what to do and how to do it are explanations for sedentary lifestyles.

Finding the time or the motivation to exercise is difficult for many people. Still, with a season of renewal right around the corner for us, it's essential to know what your options are when it comes to getting into shape!

Physical therapy is helpful for people recovering from an injury or surgical procedure. Rebound Fitness & Rehabilitation physical therapists are movement specialists who offer safe and effective ways to improve your overall fitness level so that you can enjoy physical activities this summer!

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ACTIVITIES PT CAN HELP WITH

RUNNING

Running can be hard on the joints, especially as we age. One of the most common injuries that keep people from running without pain is shin splints. These occur when there is pain along the bone in the lower leg, known as the tibia or shin bone. Shin splints are often the result of inexperience, training errors (i.e., too far, too fast), and a previous unresolved injury. A physical therapist can help ensure your body is adequately prepared before you hit the trails!

GARDENING

Gardening usually requires you to get down on your hands and knees in the dirt! A physical therapist can identify and remedy this. Physical therapy can help you relieve any knee pain, wrist/hand pain, shoulder pain, or lower back pain you've been dealing with this winter. We can make sure you're moving better and strong enough to ensure you can spend time outside tending your flowers, fruits, or vegetables.

BIKING

Biking is a fun activity people enjoy doing as it warms up outside! Similar to running and gardening. However, biking can also prove to be difficult if you're suffering from injuries that have not healed. Chronic shoulder or neck pain or hip and lower back conditions that restrict your mobility can keep you off the bike. Physical therapy can help to mobilize your joints and help you build up strength and endurance so you can continue taking those long bike rides through the park, mountains, or city streets!

Our physical therapists will evaluate your current physical condition and assess your fitness level. Whether you're currently moving with assistance

from a cane, walker, or orthotic device, or you're a serious athlete, physical therapy can help you increase your fitness level, reduce your chance of injury, and eliminate pain from sore muscles.

WHAT TO EXPECT FROM PHYSICAL THERAPY

Our physical therapy sessions start with an injury assessment, no matter the condition or reason for getting started. This includes a thorough evaluation with details about past injuries, current injuries, health history, and specific goals you are trying to achieve.

We provide comprehensive treatments that include resolving injuries, injury prevention programs, and performance-based exercise programs to achieve your particular goals.

We will use this information to develop a comprehensive program that includes targeted manual techniques, mobility work, strengthening, and appropriate pain relief techniques. In addition, we will educate you and support you through changes you need to make to your lifestyle to ensure you achieve your fitness goals!

A physical therapy program can increase your fitness level and help you make the most of your favorite activities!

REQUEST AN APPOINTMENT TO GET STARTED TODAY

Rebound Fitness & Rehabilitation offers many therapeutic methods to help athletes and weekend warriors participate in whatever fitness or outdoor activity they love the most. Request an appointment today if you're interested in using your reinvigorated energy this summer!

Sources: <https://www.cdc.gov/chronicdisease/resources/publications/factsheets/physical-activity.htm> • <https://www.sciencedirect.com/science/article/abs/pii/S0003999318302120> • <https://www.tandfonline.com/doi/abs/10.3109/09593985.2010.544052>

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:



**CLEANING
HANDS
OFTEN**



**AVOID
TOUCHING
YOUR FACE**



**STAYING
HOME IF YOU
ARE SICK**



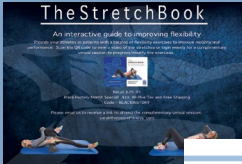
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For more information, visit us at: REBOUNDFITNESS.COM

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. Can't make it to your
appointment? We can also bill your insurance for telehealth
and virtual visits! Contact us today with any questions or to
schedule your next appointment today!



**REBOUNDFITNESS &
REHABILITATION**

PATIENT SUCCESS

*"His ability to function is night and day
better with training."*

"My elderly father has received PT at Rebound, twice a week for more
than three years. His ability to function is night and day better with
training. We have tried several other rehab and trainers in the area
(e.g., post-hospitalization), but we like Rebound the best. Facilities are
clean, not crowded. His trainer is excellent (has a PHD), and staff is very
responsive to our needs." – F.L.



Coupon Corner FREE 15 MINUTE DISCOVERY SESSION

Call To Schedule Today!

WE LOOK FORWARD TO YOUR CALL:

847.748.1320

Offer valid for the first 20 people to schedule.
EXPIRES 08.30.22