



REBOUND FITNESS & REHABILITATION

NEWSLETTER

The Newsletter About Your Health & Caring For Your Body

*We Can Help You Recover
From Your Sprain or Strain!*



ALSO INSIDE

**THE 3 GRADES OF
SEVERITY**

**COUPON
CORNER**

**OUR EXCLUSIVE
STRETCH BOOK**

REBOUNDFITNESS.COM



REBOUND FITNESS & REHABILITATION NEWSLETTER

The Newsletter About Your Health & Caring For Your Body

Recover Better From Your Strain Or Sprain With Physical Therapy



COME BACK TO PHYSICAL THERAPY! CALL 847.748.1320 TODAY!

Have you recently injured your ankle or foot? Do you have persistent pain since spraining your ankle? Knowing the difference between a mild problem that goes away on its own and one that lingers on indefinitely is the job of a physical therapist.

At Rebound Fitness & Rehabilitation, we are committed to helping you get the results you need to resume your life without limits! While many factors can lead to foot and ankle pain, sprains/strains are common examples. Even if your pain subsides, dysfunction may still be present and lead to re-injury or chronic pain.

If you have noticed limited mobility, persistent pain, or balance and gait problems since your injury, Rebound Fitness & Rehabilitation can help. We will determine the type of injury (i.e., a sprain or strain) and provide you with the necessary treatments for healing and tips to avoid re-injury.

Call today to schedule an appointment with one of our highly skilled physical therapists!

IS THE DIFFERENCE BETWEEN A SPRAIN AND STRAIN

A sprain happens when a ligament (the tissue that connects one bone) is stretched or torn. Sprains are typically the result of a trauma, a deceleration (slowing down) movement, or a sudden change in direction. The most common symptoms include pain, inflammation, muscle spasm, and sometimes an inability to move the joints where the injury occurred. Strains occur to a muscle or tendon (the tissue that connects muscle to bone). Strains usually happen when the muscle suddenly contracts, like running, jumping, or repetitive and awkward movements. The symptoms of strains are similar to those associated with sprains, making them difficult to tell apart without doing a physical therapy examination.

THE 3 GRADES OF SEVERITY

There are three grades of sprains/strains that outline the severity of the injury.

GRADE 1:

- Mild pain (rarely moderate or severe pain)
- No bruising
- Minimal swelling (sometimes no swelling)
- Tenderness to the touch at the site of the injury

GRADE 2:

- Mild to moderate pain (rarely severe pain)
- Some bruising
- Mild to moderate swelling around the injury
- Tenderness to touch on-site and around the injury
- Often painful to put weight on your injured limb

GRADE 3:

- Moderate to severe pain
- Significant bruising
- Moderate to severe swelling throughout the limb
- Tenderness to touch at the site and surrounding area of the injury
- Often severe pain or inability to put weight through the injured area
- Ligaments are torn (ruptured), and the joint will be loose/unstable from tearing, so it may require surgical intervention or the use of bracing to facilitate healing.

If you are unsure whether you sustained a sprain or strain, our physical therapists can help you figure it out.

HOW TO TREAT A SPRAIN OR STRAIN

Foot and ankle pain treatment depends on where the injury happened and how long ago it occurred. If it is not possible to walk more than two or three steps without pain, it is essential to visit a physical therapist as soon as possible.

If the joint looks out of place or has an obvious deformity to the bone, it is crucial to go to the emergency room for an x-ray because a fracture is likely. The initial stages of physical therapy will focus on restoring any lost motion, reducing the swelling, and using all available treatments to alleviate any pain you may experience. Within a few hours of compression and elevation, most people notice that the swelling begins to subside, and with it, their pain.

Next, we will design a program to restore your proprioception, balance, and strength so you can take on everyday activities. For optimal results, it is best to consult with a physical therapist to see the best methods for healing and avoiding re-injury of the affected area.

Our comprehensive program will also look for any changes in your gait pattern that may make it difficult for you to move around freely. Dysfunctional movement patterns can last for years and lead to re-injury and potentially other injuries.

Our physical therapists will show you therapeutic exercises to address any underlying issue, such as a weakness that may be contributing to altered movement patterns, balance issues, and overall susceptibility to more injuries. People who sprain or strain their feet or ankles often find that they are continuously re-injuring that part of their body. Fortunately, this does not have to be the case with the help of physical therapy.

CALL TODAY

Whether you sustained a sprain or strain, physical therapy is the answer to achieving long-term relief. Contact Rebound Fitness & Rehabilitation today to schedule a consultation or to find out more about how physical therapy can help relieve your foot and ankle pains!

Sources: <https://meridian.allenpress.com/jat/article/50/6/643/112427/A-Refined-Prediction-Model-for-Core-and-Lower> • <https://journals.humankinetics.com/view/journals/jat/17/6/article-p4.xml> • <https://www.sciencedirect.com/science/article/abs/pii/S0003999318314011> • <https://bjsm.bmj.com/content/52/15/956.abstract> • <https://meridian.allenpress.com/jat/article/54/6/611/420866/Risk-Factors-for-Lateral-Ankle-Sprains-and-Chronic>

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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Each stretch includes an instructional video to show you exactly
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is only valid through 09.31.22

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

*"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 & Rehabilitation 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 & Rehabilitation, 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!" — D.W.



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 09.31.22