



REBOUND FITNESS & REHABILITATION

NEWSLETTER

The Newsletter About Your Health & Caring For Your Body

How We Can Help Football- Related Knee Injuries



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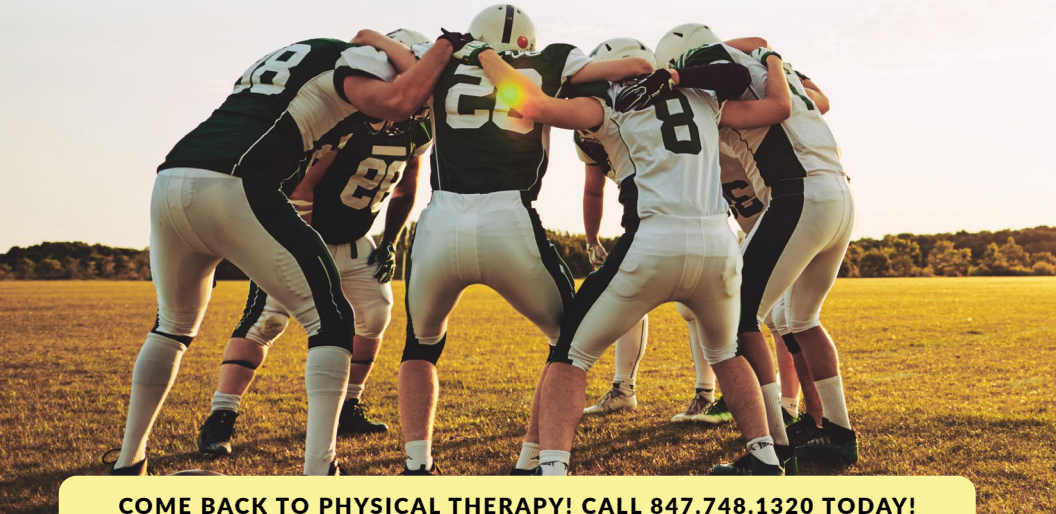
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REBOUND FITNESS & REHABILITATION NEWSLETTER

The Newsletter About Your Health & Caring For Your Body

How We Can Help Football-Related Knee Injuries



COME BACK TO PHYSICAL THERAPY! CALL 847.748.1320 TODAY!

Have you been struggling with a knee injury and looking to resolve it and prepare for the start of football season this year? Everyone involved in football knows that one thing is for sure: every time you hit the gridiron, there's a risk of injury. Fortunately, at Rebound Fitness & Rehabilitation, our physical therapists specialize in helping football players recover from injuries and ensuring they are prepared for their upcoming seasons!

Although it might seem counterintuitive, there are times when knee pain is the symptom, not the source of your problem. The knee can alert you to a problem in the foot or hip region by sending pain messages to your brain. There are, of course, times when the knee pain you feel is due to an actual issue/injury in the knee itself. Fortunately, at Rebound Fitness & Rehabilitation, our physical therapists are experts at getting to the root of your problems and identifying all the factors that may be associated with your specific condition.

REQUEST AN APPOINTMENT AT REBOUND FITNESS & REHABILITATION TODAY!

Whether you have a mild knee sprain or a serious injury that requires surgery, our physical therapists at Rebound Fitness & Rehabilitation can help. We will identify why you may be experiencing knee pain and help you resolve them so you can have your best football season yet! Call today to schedule an appointment with one of our specialists! Making sure your body is strong, stable, and prepped for football season is vital for maintaining high performance.

Sustaining a knee injury can end a dream before it starts, which is why our team at Rebound Fitness & Rehabilitation uses the most advanced strategies for resolving pain and injuries and ensuring you are prepared for the demands of football.

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THE MOST COMMON REASONS FOR KNEE PAIN

If you have knee pain or had a recent injury, the key to a quick resolution is finding a physical therapist sooner than later. The most common causes of knee pain in football players include the following:

TENDINITIS: Your tendons are thick connective tissues that attach muscles to bones. Tendinitis occurs when the tendon becomes inflamed due to repetitive movements.

The patellar tendon connects the patella (kneecap) to the shinbone, allowing you to run, sprint, and block properly. Patellar tendinitis is common in linemen and skilled players alike.

Knee tendinitis can make it hard to walk, let alone run. Fortunately, our physical therapists are trained to diagnose and treat knee pain and help ease your pain and get you back on the field doing what you love!

CARTILAGE INJURIES: There are two common cartilage injuries:

1. MENISCUS INJURY: The meniscus serves as a shock absorber and helps maintain stability in the knee. A meniscus tear can be caused by contact or non-contact activity when the knee twists suddenly.

2. ARTICULAR CARTILAGE INJURY: The articular cartilage is a smooth covering on the bones that allows for frictionless sliding of one bone on another. Articular cartilage can be injured by a direct hit when being tackled. If you twist your knee quickly while bearing weight on it or sustain some other type of trauma, the cartilage may be injured.

LIGAMENT INJURIES: Our bones are connected by ligaments. The ligaments in your knee act like leather straps to hold the bones together and keep your knee stable. Ligaments are often stretched and/or torn during a sudden motion.

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

- **ANTERIOR CRUCIATE LIGAMENT (ACL):** It is located in the center of the knee and controls rotation and forward movement of the shin bone.
- **POSTERIOR CRUCIATE LIGAMENT (PCL):** It is located in the back of the knee and controls the backward movement of the shin bone.
- **MEDIAL COLLATERAL LIGAMENT (MCL):** The medial collateral ligament is on the inside of your knee and provides stability to sideways motions.
- **LATERAL COLLATERAL LIGAMENT (LCL):** The lateral collateral ligament is on the outside of your knee and provides stability to the sideways motions.

The ACL is the most common ligament injured by football players of all levels and abilities. Research shows that most injuries were non-contact and typically resulted from lateral movements like pivoting or cutting.

WHAT TO EXPECT AT YOUR PHYSICAL THERAPY SESSIONS

Physical therapy should start immediately following a knee injury to ensure the fastest recovery possible. Physical therapy is also valuable before and after surgery to ensure athletes reach their peak performance.

A physical therapist with sports rehabilitation and treating knee injuries will conduct a thorough history to understand more about the training schedule for each sport they participate in and the athlete's overall health status.

We will use this information to build a comprehensive program that gradually progresses in intensity. Next, we will focus on progressing your strength and dynamic stability by stimulating the nervous system to help ensure you can cut, decelerate and land in the correct position to avoid an injury.

Finally, your therapist at Rebound Fitness & Rehabilitation will create a targeted, individualized plan of care for you to continue on your own, including in-season training, to maximize your recovery and prevent future injuries!

Sources: https://bjsm.bmj.com/content/54/9/512?bclid=IwAR2UKY7cDI_SBI1wsAQydvPIH_v38G23CHQo-xDms0ng3M4W1EYAJA • <https://pubmed.ncbi.nlm.nih.gov/20048528/> • https://www.researchgate.net/profile/Andrew-Slattengren-2/publication/323166061/Effectiveness-of_ACL_Injury_Prevention_Programs/links/5ed3c1e458515294512686e/Effectiveness-of-ACL-Injury-Prevention-Programs.pdf • <https://link.springer.com/article/10.1007/s40279-019-01232-4> • <https://dellamdoc.org/wp-content/uploads/2019/11/current-trends-sports-injury-prevention.pdf> • <https://www.jospt.org/doi/full/10.2519/jospt.2018.0301>



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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 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 are very
responsive to our needs." – F.L.



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WE LOOK FORWARD TO YOUR CALL:

847.748.1320

Offer valid for the first 20 people to schedule.
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