



REBOUND FITNESS & REHABILITATION

**NEWSLETTER**

*The Newsletter About Your Health & Caring For Your Body*

# *Four Things Sports Can Teach You About PT*



ALSO INSIDE

**4 THINGS SPORTS**  
CAN TEACH YOU

**COUPON**  
CORNER

**OUR EXCLUSIVE**  
STRETCH BOOK

**REBOUNDFITNESS.COM**



# REBOUND FITNESS & REHABILITATION NEWSLETTER

*The Newsletter About Your Health & Caring For Your Body*

## *4 Things Sports Can Teach You*



**COME BACK TO PHYSICAL THERAPY! CALL 847.748.1320 TODAY!**

Sports and physical therapy have a lot in common. They are both activities that can push you to your limit, test your endurance, and make you stronger!

Rebound Fitness & Rehabilitation treats all kinds of people from all walks of life, but one thing we've heard come from some of our patients who are athletes is that the benefits of playing sports are similar to the benefits of participating in regular physical therapy regimens.

If you're in need of conditioning or rehabilitation for a sports injury, Rebound Fitness & Rehabilitation physical therapists are here to help. In the meantime, here are a few things sports can teach you about physical therapy.

### **THE MORE YOU PRACTICE, THE EASIER IT GETS.**

When it comes to sports, no one starts off like a pro, regardless of the sport. Everyone starts off as a novice, and the only way to become a pro is through practice.

The more you practice the stretches and exercises recommended to you by your Rebound Fitness & Rehabilitation physical therapist, the faster you will heal and begin to feel better, much as in sports.

You'll notice that as your muscles become more acclimated to stretching and strengthening, you'll be ready for more intensive, hard activities!

# WHAT CAN SPORTS TEACH YOU?

## YOUR BODY REALLY IS CAPABLE OF GETTING STRONGER.

The longer you play a sport, the more toned your muscles become. You can run for longer distances in shorter amounts of time. You can swing a bat more precisely and with more power, or throw a ball at a target from a distance.

The same is true for physical therapy at Rebound Fitness & Rehabilitation. The longer you stick with your treatment program, the more benefits you will see in your strength, flexibility, range of motion, and endurance levels.

You might not think so at first because you're so used to your current levels of strength (or lack thereof!) but your body is capable of being SO much stronger than it already is.

Over time, as your treatment plan advances and you become more confident in your skills and abilities, you'll notice how powerful your body is...and you'll be really proud of yourself for sticking it out.

## YOUR PHYSICAL THERAPIST MAY PUSH YOU THE WAY A COACH WOULD.

Consider this: your coach is always looking for methods to help you improve and get better at what you're doing. You'll have more faith in your athletic ability. Your physical therapist does, too!

Your physical therapist will never push you beyond your limits — if something hurts, tell us! — but they will encourage you to give it your all when it comes to performing and maintaining your daily exercises and stretches for rehabilitation. Remember, they are just as eager to see you succeed as you are!

## YOU'RE GOING TO FEEL GREAT WHEN YOU REACH THE GOAL.

Don't you feel like you're on top of the world when you score a goal in your favorite sport? We're willing to bet you do! It's a fantastic sensation that carries over into physical therapy as well.

You'll be able to accomplish the things you couldn't do before due of discomfort when you reach your fitness goals in your physical therapy treatment plan. We enjoy seeing patients depart happy and satisfied with their treatment results, and we sleep easier at night knowing that we assisted them in achieving their objectives.

## LOOKING FOR A PHYSICAL THERAPIST?

Rebound Fitness & Rehabilitation is proud to offer a variety of physical therapy treatment methods and modalities to our patients in need, whether you're an athlete, a weekend gym warrior, or you're just interested in getting into better shape.

Everyone has different needs based on the conditions of their bodies. There is no cookie-cutter approach to health and wellness, as one treatment plan may not work the same for one person as it would for another.

Your physical therapist will work closely with you to evaluate your mobility, balance, range of motion, and severity of pain. Your physical goals will also be taken into account when creating your treatment plan, as well as any health risks that may be holding you back.

In the end, an active lifestyle is more than possible, even if you struggle with chronic pain. Call our clinic today to learn more about the benefits of physical therapy, and schedule your first appointment!

## 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**



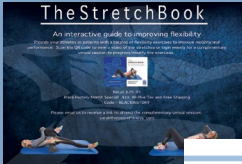
**START THE ROAD TO RECOVERY BY CALLING NOW!**

# Our Exclusive STRETCH BOOK

**NOW ONLY 25\$ + FREE SHIPPING**

CALL 847.748.1320 NOW!

The Stretch Book: An Interactive Guide To Restore Flexibility by Greg Cadichon ATC and John Brna MD 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. Don't miss out on this limited time offer. Discount is only valid through 12.31.2022

For more information, visit us at: [REBOUNDFITNESS.COM](http://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!



**REBOUND  
FITNESS &  
REHABILITATION**

## PATIENT SUCCESS

*"They are as interested as I am in my full recovery!"*

"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.



## 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 11.30.22**