



REBOUND FITNESS & REHABILITATION

NEWSLETTER

The Newsletter About Your Health & Caring For Your Body

Solutions for Hip and Knee Pain



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REBOUND FITNESS & REHABILITATION NEWSLETTER

The Newsletter About Your Health & Caring For Your Body



Spring Back To Pain-Free Living

COME BACK TO PHYSICAL THERAPY! CALL 847.748.1320 TODAY!

Are you having difficulty getting up and down from your chair or going up and down stairs? Are you avoiding activities because of aches or pain in your hips and knees? You may be experiencing arthritis due to injuries and/or age. Your hips and knees are your largest joints, supporting your body's weight. They work in close coordination, giving us the mobility we need to enjoy an active lifestyle. But pain can flare up and make our basic activities of daily living a challenge.

The good news is that at Rebound Fitness & Rehabilitation, our physical therapists can help you find solutions to your pain and help you get back to living the life you enjoy! Call our clinic today to learn how we can help you to keep living the kind of life you want with less pain and movement restrictions.

COMMON CAUSES OF HIP, KNEE, AND LEG PAIN

Hip, knee and leg pain are surprisingly common. Thus, their source can come from a variety of things. If you're experiencing pain in any part of your leg, pinpointing the exact spot can help you determine the cause. Joint injury and being overweight during early adulthood

are signs of a trajectory towards symptomatic osteoarthritis later in life. Repetitive stress and overuse type injuries are more common with tendon related pains. Cartilage and/or ligament injuries are more commonly associated with slips, falls and sports injuries.

While many causes of pain exist, the most common are:

- Arthritis
- Sprains and strains
- Tendonitis
- Cartilage injuries

In rare or more severe cases, the causes can be:

- Fractures
- Dislocations
- Pinched nerves

While some causes are more serious than others, a physical therapist can identify what is causing your pain and help clarify what your next steps should be.

WHAT DO MY SYMPTOMS MEAN?

Aching or stiffness around the groin is likely coming from the hip joint. Although some think the outer aspect of their pelvis is the "hip," they are really referring to muscles and not the joint itself. Clarifying the location of your pain will help your physical therapist figure out the source of your pain and the appropriate plan to resolve it.

The inner aspect of the knee is commonly thought to be where most people experience early joint pain or cartilage injury. Pain along the outer aspect of the knee is typically due to tendon related injury or inflammation.

A decreased range of motion and difficulty bearing weight can also be signs of deeper problems which may indicate a more serious condition that warrants seeking help sooner than later. Ignoring your pain, or waiting too long to be seen can make the problem worse and eliminate simple solutions.

Often it's inactivity and avoiding movement that can contribute to immobility and pain. We know that our joints need movement for blood flow and nutrition to stay healthy. While some hip, knee and leg pains go away, those lasting longer than several months may be hinting at a deeper issue.

HOW PHYSICAL THERAPY HELPS

Education, exercise and weight loss are cornerstones of a successful outcome. Your physical therapist will assess your particular condition to identify the contributing factors and address all of them.

Physical therapists are skilled at hands-on intervention and exercise selection for the most comprehensive and appropriate intervention to help you resolve your pain and/or restore your function.

In many cases, physical therapy can help patients increase mobility, strength and function. Your therapist will design a program to restore lost motion,

build your strength and teach you strategies for reducing pain and increasing your activity level.

Your therapist can help you reclaim a healthy lifestyle. From start to finish, we're dedicated to your ongoing well-being. On every level, physical therapy serves to enhance the patient's quality of life. Contact one of our providers today, and tell us about your symptoms. We offer the results you are looking for!

Sources: <https://pubmed.ncbi.nlm.nih.gov/33560326/> • <https://pubmed.ncbi.nlm.nih.gov/30126395/> • <https://www.usnews.com/news/health/news/articles/2021-07-29/more-than-half-of-americans-plagued-by-back-leg-pain> • <https://pubmed.ncbi.nlm.nih.gov/25591130/>



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

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!



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For All Major
Muscle Groups!

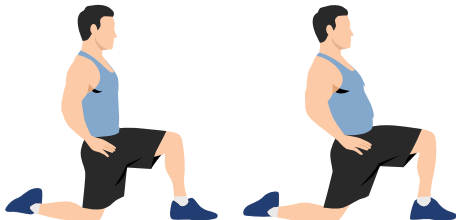


Each stretch includes an instructional video to show you exactly what you need. Don't miss out on this limited time offer. Discount is only valid through 03.31.23

For more information, visit us at: REBOUNDFITNESS.COM

EXERCISE ESSENTIALS: HIP FLEXOR STRETCH

Kneel on your affected leg and bend your good leg out in front of you, with that foot flat on the floor. If you feel discomfort in the front of your knee, place a towel under your knee. Keeping your back straight, slowly push your hips forward until you feel a stretch in the upper thigh of your back leg and hip. Hold the stretch for at least 15 to 30 seconds. Repeat 2 to 4 times.



PATIENT SUCCESS

"They are very dedicated and really truly know what they're doing."

"I am a surgeon who had a knee replacement about 4 to 5 weeks ago. I must tell you my experience at Rebound Fitness & Rehabilitation For my Knee Physical Therapy. Greg and Jay has been unbelievable. They are very dedicated and really truly know what they're doing. I have been at another rehabilitation place for my other knee about a year ago and left because they truly didn't know what they were doing. Now Jay is working all of this out. He is working on my recently operated knee and the other one too. I cannot begin to thank Jay and Greg for all of their professional help. I cannot give them enough stars. As a Surgeon, I can tell you these two men and the entire staff are truly extremely competent and professional!" – T.J.



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