



REBOUND FITNESS & REHABILITATION

# NEWSLETTER

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



## PHYSICAL THERAPY CAN HELP YOU STRENGTHEN YOUR CORE

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

Have you noticed that your back pain seems to make standing upright more difficult, that you don't feel as balanced as you once used to? Believe it or not, these are all signs of core muscle weakness.

At Rebound Fitness & Rehabilitation, our physical therapists can help you figure out if your core is weak, and more importantly, how to get it strong again!

Your core muscles help you do a lot – from sitting, walking, and getting up and down from chairs. If your core muscles are weak, they may be affecting your function and possibly your pain levels.

Our team of physical therapists can assess your core and determine if it is affecting your daily activities. With proper guidance, you can learn how to get strong and engage your muscles the way they were designed to move!

Contact Rebound Fitness & Rehabilitation today to figure out how we can help you strengthen your core muscles and improve your overall health.

### WHAT ARE THE CORE MUSCLES?

When most people think of core muscles, they immediately think of the abdominals. However, the muscles of the core comprises the lower back, hip, pelvis, pelvic floor, and even the diaphragm muscle.

The muscles that make up your core are designed to help stabilize your body, support your posture, and allow your skeleton to move appropriately. When any of the muscles within that group become weak, your trunk experiences instability, which makes it difficult for your body to function correctly. The stability of the trunk plays a role in maintaining an upright posture and helping to change positions when sitting, standing, and walking. Core strength is also essential in sports performances, allowing the body to balance and control movements while running, jumping, and sustaining contact.

Significant weakness in the core will often lead to compensations and straining different body areas, most commonly the back and neck muscles. As a result, this leads to undesirable consequences, such as poor posture, fatigue, or pain.

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# HOW WE CAN HELP STRENGTHEN YOUR CORE

Our licensed physical therapists will conduct a physical evaluation to determine where the weakness is rooted and what muscles must be strengthened to correct it.

Whether you feel pain in your back, neck, shoulders, or legs, we will thoroughly analyze your posture, movement, and strength, to pinpoint precisely what is causing your pain. From there, we will create an individualized treatment plan for you based on your specific needs, aimed at strengthening your core, improving your posture, and alleviating pain.

Core stability is about muscular strength and proper sensory input. This sensory input alerts the central nervous system about the movements and positions you are putting your body through. This means specific exercises designed to help your body react to different movements.

Our therapists will design a program to teach you how to use your core muscles properly. We will create a strength program that focuses on core-specific exercises and progresses to multi-joint free weight exercises to train the core muscles adequately.

We will provide constant feedback and allow refinement of movements to ensure the core provides optimal spinal stabilization.

## WHAT TO EXPECT IN PHYSICAL THERAPY

When your core is strong, reactive, and mobile, it can perform at optimal levels. Our team of physical therapists will assess your particular condition to identify how your core is affecting your function.

Your therapist can educate you on how your core affects your physical activity and contributes to the pain you may be experiencing. Through an individualized exercise program, you can reduce your pain, prevent the

condition from worsening, and improve daily function.

In many cases, physical therapy can design appropriate core strengthening exercises and provide relevant feedback to your central nervous system that improves your function without aggravating your pain. Your therapist can help you reclaim a healthy lifestyle!

## CONTACT US TODAY TO SCHEDULE AN APPOINTMENT

At Rebound Fitness & Rehabilitation, our physical therapists are here to help you improve your function and relieve your pain.

If you want to strengthen your core, relieve your pain, and improve your overall health, call us today to set up an appointment!

Sources: [https://journals.lww.com/acsm-csmr/fulltext/2008/01000/core\\_stability\\_exercise\\_principles.14.aspx](https://journals.lww.com/acsm-csmr/fulltext/2008/01000/core_stability_exercise_principles.14.aspx) • <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6110226/> • [https://journals.lww.com/nsca-jscr/fulltext/2013/06000/systematic\\_review\\_of\\_core\\_muscle\\_activity\\_during.29.aspx](https://journals.lww.com/nsca-jscr/fulltext/2013/06000/systematic_review_of_core_muscle_activity_during.29.aspx) • <https://www.sciencedirect.com/science/article/abs/pii/S1350453318301152>



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**847.748.1320**

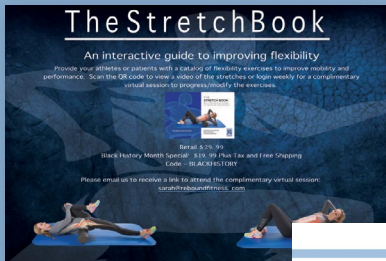
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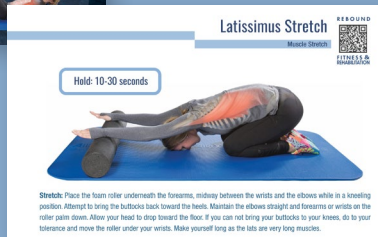
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For more information, visit us at: [REBOUNDFITNESS.COM](http://REBOUNDFITNESS.COM)

## Share The Path To Better Health!

Share the benefits of physical therapy with a friend!

We appreciate your confidence and will do our best to help those you refer meet their health and rehab goals. Thank you to all of our friends who refer others to us! Leave us a Google review! Click the button below to leave your review now. Your positive review helps us impact more people's lives!

Leave A Review

## HEALTHY TIPS

### Top 5 Indicators of Poor Nutrition

Have you been wondering about your nutrition levels? As we change and grow older, it's important to keep an eye on our health and adjust our lifestyles to maintain optimal levels of wellness. There are many indicators to watch out for regarding poor nutrition. The top five to look out for are as follows:

- **Increased levels of tiredness and fatigue** - Have you felt like you have less energy lately? If you're experiencing fatigue regularly, it could signal a lack of iron in your diet. Iron deficiencies can also lead to anemia.
- **Dry hair with lots of breakage** - Hair is made up of proteins. The better your diet is, the stronger your hair will be, and the less breakage you'll experience. If your hair is dry or brittle, it's a sure sign that your diet should be studied more closely.
- **Diarrhea or constipation** - Do you feel like everything upsets your stomach? Do you only have a bowel movement once or twice a week? These are indicators of issues with your digestive system and/or a sign your fiber intake needs to be monitored. If you don't have enough fiber in your diet, you may experience constipation. If you're experiencing diarrhea often, it means your body is not absorbing nutrients properly.
- **Split fingernails** - If your nails are brittle, weak, and split in two often, it's a sure sign you aren't getting enough nutrients in your diet. Iron deficiency is one reason for split fingernails, and your doctor may recommend iron supplements or specific foods you should eat more of to improve your iron levels.
- **Irritability and/or depression** - Have you been feeling unlike yourself lately? Are you easily annoyed, tired, or experiencing feelings of hopelessness? Having an insufficient intake of nutrients can cause your mental health to decline. If you haven't been eating regular meals, or you've been consuming a lot of caffeine as a meal replacement, (which it most certainly is not!) it can certainly affect your overall mood!

