



REBOUND FITNESS & REHABILITATION

NEWSLETTER

The Newsletter About Your Health & Caring For Your Body

COME BACK TO PHYSICAL THERAPY! CALL 847.748.1320 TODAY!



HOW TO FIND RELIEF FROM SCIATICA

Have you been suffering from lower back pain that radiates into your buttocks and down your leg? You may be experiencing sciatica. At Rebound Fitness & Rehabilitation, our physical therapists are experts at treating sciatica and helping you find relief!

Sciatica, also referred to as “lumbar radiculopathy,” is a pain, numbness, or tingling that radiates from the lower back. The sciatic nerve extends from the lumbar spine through the area of the buttocks and down the legs into the toes, making it the largest nerve in the human body.

When this nerve becomes irritated, pain or paresthesias ensue. Typically the symptoms are felt in the lumbar area, down the leg behind the thigh and into the lower leg and foot.

The pain can make it difficult to sleep, sit, bend or walk. The most common cause of sciatica is lumbar disc herniation, but it can be caused by an injury or severe disc degeneration, as well.

Contact Rebound Fitness & Rehabilitation today to set up an appointment with one of our experts. We'll provide you with the relief you need to live life comfortably once again!

UNDERSTANDING HOW TO TREAT SCIATICA

Sciatica is diagnosed through a physical therapy evaluation that includes a thorough history and physical examination. Sometimes a CT scan or MRI may be used to confirm the physical therapist's conclusions.

Once you are diagnosed with sciatica, a physical therapist will work with you to manage and relieve the condition. This includes:

- Reducing sciatica pain
- Improving motion
- Increasing strength
- Improving flexibility
- Educating you on how to sit, stand, bend, and twist
- Returning to normal activities

Targeted stretching and strengthening exercises are vital to treating sciatica pain. Our physical therapists will teach you an exercise program you can do at home to manage your pain. Many exercises can help strengthen the muscles of the spinal column. Most of these exercises focus on improving your core. The core comprises muscles in the lower back, abdominals (stomach), gluteus (buttock), and hip muscles. Strong core muscles can provide pain relief because they support the spine, keeping it in alignment and facilitating movements that extend or twist the spine with less chance of injury or damage.

Targeted stretches for sciatica are designed to target restrictions in the joints and muscles that contribute to your pain. The initial assessment will help your therapist establish what's known as a “directional preference,” meaning what helps the patient feel and move better. Your home program will focus on improving your pain and restoring your motion so you can resume the activities you enjoy!

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HOW A PHYSICAL THERAPIST CAN HELP YOU

If you're experiencing sciatica, contact one of our physical therapists immediately. Your physical therapist will perform a thorough physical examination and provide you with solutions that work based on their findings. Your therapist will identify the best way to resolve your sciatica pain using directional preference and strengthening exercises. They will examine how you respond to specific movements and positions. These particular movements and positions become the starting point for treatment.

Next, your therapist will focus on areas where you struggle with weakness or develop compensations due to sciatica pain. These exercises will be targeting your core strength. In addition, your therapist will guide you through the postures that help alleviate your pain and minimize the risks of it returning. As you progress and improve, your physical therapist will expand on your exercises and stretches by making them more intensive over time.

This will help increase your overall strength and range of motion. We will spend one-on-one time with you on each visit, using hands-on techniques that get the joints, muscles, and nerves moving again. We will also design a comprehensive exercise and education program to get you back to comfortably doing what you want to do.

CALL TODAY TO MAKE AN APPOINTMENT

Physical therapy can provide you with the treatment you need to alleviate your sciatica. If you are ready to get rid of your sciatica symptoms and enjoy your daily life free of pain, contact Rebound Fitness & Rehabilitation for relief. We'll provide you with an individualized treatment plan to help you get back to your everyday life as quickly as possible!

Sources: <https://www.ncbi.nlm.nih.gov/books/NBK507908/> • <https://www.apta.org/article/2020/10/08/sciatica-study> • <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5516132/>

From Our Stretch Book



HIP CAPSULE STRETCH: Keep your knees bent and your ankles behind you, in line with your knees. Turn your toes out to the sides. Rest on your forearms with your elbows beneath your shoulders, placing your palms together or on the floor. You can also extend your hands forward, resting your chin or forehead on the floor. Hold for 10-30 seconds.



SINGLE LEG BRIDGE: Lie on your back with your arms at your sides; press your heels into the floor and lift your pelvis up until your knees, pelvis, and shoulders form a straight line. Hold your bridge while you lift your right knee toward your chest, until your hip is at a 90-degree angle. Return the heel to the floor, and lift the left knee. Repeat 4-10 times on each side.

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.*

Patient Success



"I highly recommend Rebound Fitness. I would not go anywhere else. They have the expertise and techniques that really work. They have been able to help me avoid surgery. We have already referred a couple dozen people there. If you are looking for the best, look no further." — D.M.



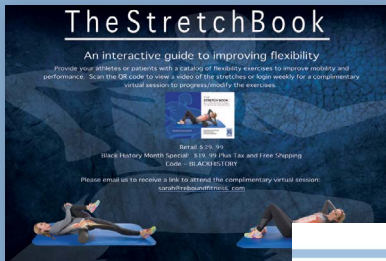
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START THE ROAD TO RECOVERY BY CALLING P: 847.748.1320 NOW!

Our Exclusive STRETCH BOOK

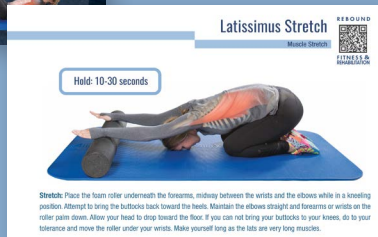
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The Stretch Book: An Interactive Guide To Restore Flexibility by Greg Cadichon ATC and John Brna MD is available now!



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Includes Stretches
For All Major
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Our Stretch Book can help you achieve your health goals. Each stretch includes an instructional video to show you exactly what you need.

For more information, visit us at: 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

3 Health Tips for the Holiday Season

How busy are you this holiday season? At Rebound Fitness & Rehabilitation we understand that this time can be both joyful and hectic. In the midst of it all, it can feel easy to let your health slip through the cracks.

Are you concerned about maintaining your health this winter, but are feeling overwhelmed or don't know where to start? If so, check out these 3 tips for staying fit during the holidays.

1. MAKE SURE YOU'RE GETTING ENOUGH SLEEP

With everything that goes on during December and January, it's understandable to search for more time in the day. Sacrificing your sleep, however, will end up doing you more harm than good.

Sleep is how the body recovers and recharges. Poor sleeping habits are linked to an increased risk of heart disease, reduced cognition, and mood shifts. Aim to get 7-8 hours a night, every night.

2. STAY ACTIVE

Exercise supports both your mental and physical health and is an integral part of a healthy lifestyle. The great thing about exercising is that there's certainly no shortage of ways to get active!

From going down to the park with your kids, walking around the neighborhood, biking, doing yoga, or hitting the gym, there are many ways to make exercising fit into your busy lifestyle.

3. DON'T SKIP MEALS

With big Christmas lunches and dinners to look forward to, it can sometimes be tempting to eat less food during the day to save room for later. However, this can actually encourage you to make less healthy choices and have an unbalanced diet.

Eating one big meal a day can also increase your blood pressure and cholesterol. Instead, try to eat regular meals with servings of lean protein, fruits, and vegetables.

