



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

## HOW TO KEEP UP WITH YOUR PHYSICAL THERAPY DURING HOLIDAY TRAVEL

As the holidays kick into gear, our typical day-to-day schedules are shattered, making it much more challenging to stick to your physical therapy program. One of the worst culprits is holiday travel. Between the crowded airports, long road trips, and big holiday celebrations, you may be tempted to skip out on physical therapy until the new year.

Unfortunately, that may not be such a great idea: studies show that patients who adhere to their prescribed exercises are significantly better at achieving their goals, improving their physical function, and seeing the outcomes they want. Non-adherence, on the other hand, increases the risk of re-injury or flare-ups and overall less positive outcomes in the long term.

At Rebound Fitness & Rehabilitation, we understand that your life situation can make prioritizing exercises and physical therapy home programs difficult—and that's especially true in the midst of the holidays.

*That's why we'll work with you to provide a straightforward home exercise program for you to follow so you can enjoy your holiday vacations and do what you love!*

Request an appointment with one of our specialists to see how we can help you keep working on your physical therapy all winter long!

### HOW TO MAKE THE MOST OF PHYSICAL THERAPY DURING YOUR TRAVELS

- **Tell your PT you're going out of town:** Obviously, you won't be able to continue with in-clinic visits if you're going to be traveling. Let us know ahead of time so we can create a travel-friendly home exercise program so you don't lose progress.
- **Schedule your exercise session day by day:** The holidays are busy. Fortunately, most home exercise programs don't take long—usually 15-30 minutes, especially if you've let us know you'll be traveling. Each morning, figure out a time that day when you can work on your exercises. A day-by-day approach allows more flexibility and lets you deal with potential barriers—like extensive travel or a big family gathering—one at a time.
- **Make use of a hotel gym:** If you're staying in a hotel, ski resort, or similar location, check out their on-site fitness center; most places have one. Performing your exercises in even a small gym will help get you in the right headspace, and you'll have access to mirrors (to check your form) and other equipment that might be useful.

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# HOW TO KEEP UP WITH YOUR PHYSICAL THERAPY DURING HOLIDAY TRAVEL

- **Staying with family? Let them know!** Of course, many people stay with family during the holidays, in which case you likely won't have access to a gym. Fortunately, home exercise programs are actually designed to be done at home—even if it's not yours! Let your hosts know you'll need a small space to perform your exercises and, together, determine the best time to do them.
- **Find other ways to get active:** While home exercise programs are crucial in targeting specific areas, physical activity in general will still help you maintain your function. Invite your loved ones on a post-meal walk or stroll after nightfall to look at holiday decorations. If you're really brave, you can even soak up some holiday cheer at a local mall!

## ADD US TO YOUR PRE-TRAVEL CHECKLIST TODAY

Holiday travel doesn't mean you have to completely neglect your work in physical therapy, nor does it mean you have to start back at square one come January.

Before you head home for the holidays, make sure to schedule a visit with us at Rebound Fitness & Rehabilitation. Our therapists can give you personalized guidance on how best to maintain your physical therapy during holiday travel.

We'll also give you information about which wintertime activities you can safely perform and which ones you might want to avoid until you're fully rehabilitated. We're here to help you and keep you feeling your best during the holiday season—so you can reap the benefits all year long.

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5856927/> • <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5938081/>

## Coupon Corner

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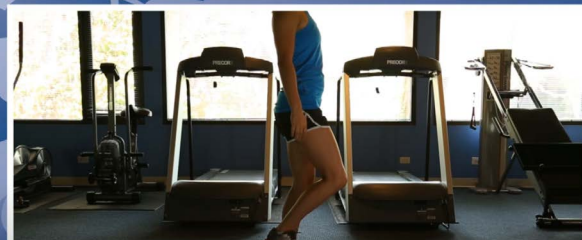
**847.748.1320**

*Offer valid for the first 20 people to schedule.*

## Exercise Essentials

Check out these exercises on our Youtube channel to help train for winter sports or simply feel your best for the new year! These exercises focus primarily on glute activation, which is an essential part of your fitness routine.

### Three Way Kick On Floor



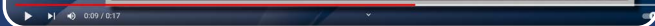
**CLICK HERE TO WATCH NOW**



### Bridges with Bolster



**CLICK HERE TO WATCH NOW**



## Patient Success



"Fantastic experience working with Greg, cannot recommend highly enough. Greg is spot on every time. Head and shoulders above all other PT experiences thanks to his vast knowledge, superior approach to interconnected problems, and motivating attitude. Thanks!" — C.K.



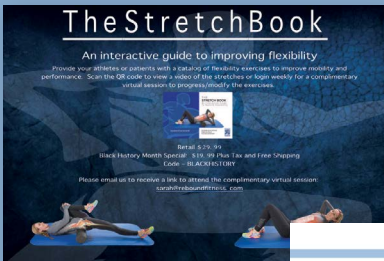
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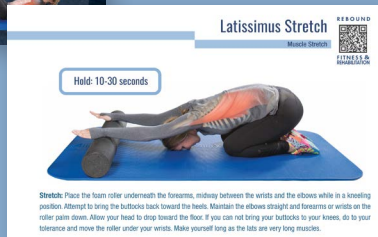
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For more information, visit us at: [REBOUNDFITNESS.COM](http://REBOUNDFITNESS.COM)

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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

## How to Approach a New Year's Resolution

A New Year's resolution is a promise or commitment made by an individual to themselves, and it can be anything from a pledge to stop smoking to a promise to lose weight. Achieving your goals takes time, patience, and determination. It also requires you to set realistic goals that you know that you can work towards.

Setting a resolution for the New Year is a great way to set yourself up for success. Resolutions give you direction and help you get things done. But how do you set a resolution? What if the resolution is too hard to achieve? What if you don't know what your resolution should be? It's essential to start with small achievable goals that will lead to bigger ones. When you're crafting your New Year's Resolution this season, keep these 10 tips in mind.

1. Start with a list of what you want from life and the most important things to you.
2. Choose one aspect of your life that you would like to improve from this list. This could be anything from your physical fitness to learning a new skill.
3. Write down your goal every day for a month to keep yourself accountable.
4. Find someone who will hold you accountable if necessary. You might find that working towards a goal with a buddy is also more fun!
5. Break down large goals into smaller ones so that they are more manageable and less intimidating.
6. Your resolution should not be too difficult to achieve.
7. Resolutions should be specific, making it easier to track your progress.
8. Your goals should be realistic and attainable but also challenging enough to push you out of your comfort zone.
9. A resolution should have deadlines, so there is a sense of urgency and accountability.
10. Pick a goal that will bring you joy. If your resolution brings you a sense of accomplishment or happiness, you're more likely to stick with it.

Good luck completing your resolutions this year! Our team at Rebound Fitness & Rehabilitation is confident in your ability to hit your goals.

