



REBOUND FITNESS & REHABILITATION

NEWSLETTER

The Newsletter About Your Health & Caring For Your Body

DISCOVER THE PATH TO STRONGER, PAIN-FREE FEET & ANKLES

READ MORE INSIDE ON TIPS FOR
BETTER GOLFING THIS SUMMER!

COME BACK TO PHYSICAL THERAPY! CALL 847.748.1320 TODAY!

Our feet and ankles are the unsung heroes of our mobility, supporting us day in and day out. However, when foot and ankle problems arise, they can significantly impact our quality of life. At Rebound Fitness & Rehabilitation, our physical therapists play a crucial role in addressing these issues, helping individuals regain mobility and reduce discomfort.

Read on to learn more about common foot and ankle problems, preventative strategies, and how our physical therapists can make a difference in your journey towards better foot and ankle health.

Common Foot and Ankle Problems

Foot and ankle pain can affect our everyday lives and happens to many of us. It might be because we use our feet a lot, get injured, or have some health issues. Let's talk about what usually makes our feet and ankles hurt and how we can do something about it.

- **Plantar Fasciitis:** Plantar fasciitis is characterized by pain in the heel, especially in the morning or after prolonged sitting. Strengthening the calf muscles can help alleviate the strain on the plantar fascia. Wearing supportive shoes with proper arch support, maintaining a healthy weight, and avoiding excessive high-impact activities are essential preventive measures.

- **Achilles Tendinitis:** Achilles tendinitis occurs when the Achilles tendon, the large tendon at the back of your ankle, becomes inflamed. This can result in pain and stiffness in the back of the ankle. Incorporating calf-strengthening exercises, gradually increasing exercise intensity, and wearing appropriate footwear can help reduce the risk of Achilles tendinitis.
- **Ankle Sprains:** Ankle sprains are common injuries caused by overstretching or tearing the ligaments around the ankle joint. They often lead to pain, swelling, and instability. Practicing balance and proprioception exercises can enhance ankle stability.
- **Bunions:** Bunions are bony bumps that develop at the base of the big toe, causing pain and deformity. They are often aggravated by wearing ill-fitting shoes. Choosing shoes with a wide toe box that allows proper spacing for the toes is essential. Avoiding high heels and considering orthotic devices for added support can alleviate bunion-related discomfort.
- **Flat Feet (Pes Planus):** Flat feet result from a lack of arch support, leading to discomfort and instability. This condition can impact walking and overall foot function. Strengthening the muscles in your feet and arches through specific exercises can provide better support. Additionally, using orthotic insoles in your shoes can help maintain arch height.

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THE ROLE OF PHYSICAL THERAPY

Our highly skilled physical therapists are experts in assessing and addressing foot and ankle problems. We can play a vital role in your journey towards better foot and ankle health by conducting comprehensive evaluations.

These evaluations involve:

- **Strength and Range of Motion Testing:** We'll assess the strength of your foot and ankle muscles and evaluate joint mobility.
- **Assessment of Gait and Movement Patterns:** Our physical therapists analyze your walking and movement patterns to identify any abnormalities or areas of concern.
- **Functional Testing:** Your physical therapist may perform functional tests to determine how well your feet and ankles perform various activities.

Based on the evaluation findings, we'll develop a personalized treatment plan tailored to your individual needs. This plan may include:

- **Targeted Exercises:** Stretching and strengthening exercises targeting the foot and ankle muscles are effective in helping to manage most foot and ankle issues.
- **Manual Therapy Techniques:** Manual therapy techniques, including joint mobilizations and soft tissue work, can reduce pain and improve ankle and foot mobility.
- **Gait Activities:** Gait activities are instrumental in addressing any abnormal walking patterns and gait disturbances in individuals with foot and ankle problems.
- **Neuromuscular Reeducation:** We often use neuromuscular reeducation techniques to improve proprioception and balance in individuals with ankle instability.

- **Functional Training:** Functional training is used to mimic real-life movements and is essential in restoring functional abilities and preventing recurrent injuries.

Our team is highly skilled at identifying and educating our patients about proper footwear, self-care techniques, and injury prevention strategies, an essential aspect of physical therapy. Education enhances patient compliance and promotes better long-term outcomes.

Empower Your Feet and Ankles Today

Don't let discomfort or limitations hold you back. Call Rebound Fitness & Rehabilitation and let one of our skilled therapists guide you to healthier, pain-free feet and ankles. Your well-being is worth every step of the way!

Sources: <https://www.jospt.org/doi/full/10.2519/jospt.2021.0504> • https://journals.lww.com/acsm-csmr/fulltext/2019/06000/ankle_sprains_evaluation_rehabilitation_and.7.aspx • <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8696890/> • <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5241541/>

Patient Success



"Been going here for 7+ months and what Greg and his team have done for my daughter is miraculous. Now, perhaps the greatest compliment is that, for him, it was just another day at the job. He knows the body that well. So well, that HE identified her issues with her knees were NOT growing pains - as she had been so lazily diagnosed multiple times before.

He analyzed her movement, strength, balance, etc. and decided it may not be a simple diagnosis of Osgood-Schlatter. He found that she had weak hips, worked his theory and the knee problems subsided. Now she's back on the court (still a work in progress) able to play an entire game+. We don't get here without his attention to detail and elite competency of the human body." — T.R.



Coupon Corner

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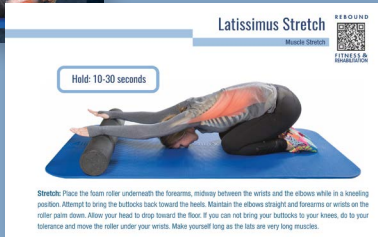
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BETTER GOLFING THIS SUMMER

Have you been looking forward to golf season all year? If you're an avid golfer, the last thing you want is for an injury to take you out of commission. At Rebound Fitness & Rehabilitation, our physical therapists are highly trained movement experts who can help you prevent injury. And before you see us, there are many things you can do on your own to protect yourself from the possibility of a painful injury. Did you know that most golf injuries are caused by poor swing mechanics, poor core strength, or an improper warm-up? Adjusting your golf swing can be hugely beneficial and make this sport much easier on the body.

Maintaining proper posture throughout your swing is critical for preventing injuries. You should stand with your feet shoulder-width apart, rotated slightly outward, and your knees slightly bent. It's also important to keep a relatively straight spine. Make sure to avoid hunching over the ball, as this can cause neck and back strain. Be mindful of how aggressively you swing at the ball. Swinging the club too hard or too fast can put strain on your joints. Take a nice, easy swing at the ball. Not only will this help prevent injury, but it will also improve your game with a consistent swing tempo! If you're searching for more ways to improve your swing this season, contact Rebound Fitness & Rehabilitation today. Our team can examine your posture and recommend improvements to lessen your risk of injury and increase your skill. See you out on the course!

