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Stop in and see us at:

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815-784-6417

Let Northern Rehab help you walk your way to health!

Did you know that by adding 2000 additional steps (1 mile) you will burn an average of 100 calories per day? That's about 10 lbs of weight over the whole year. And according to the American Heart Association, just 30 minutes of moderate physical activity will help reduce your risk of coronary heart disease and improve your blood pressure, blood sugar levels, and cholesterol.

[Stop into Northern Rehab today for your FREE pedometer!](#)



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Elevating the Safety of your Golf Game

As spring takes hold, golfers will be finding their way back



onto the course. But because the golf swing is not a natural movement, injuries can occur in even the best trained golfer.

A golfer should be familiar with the most common golf-related injuries. The golf swing, as well as the golf stance, can cause lower back pain, which could be related to muscle imbalance or disc injury. Shoulder pain can result from muscular instability of the shoulder joint or tendonitis or tear of rotator cuff. Knee pain is another common injury caused by the golf stance and

swing, and can be indicative of issues such as meniscus damage, osteoarthritis, or kneecap pain (chondromalacia). These are but a few of the common injuries that golfers may deal with this season.

Treatment of an Injury

RICE (rest, ice, compression, and elevation) is a good immediate response if you find yourself side-lined with one of these injuries. You should also consider physical therapy as a means of speeding your recovery so that you can get back onto the course more quickly.

Prevention works!

Taking the right steps can be effective at preventing an injury from ever happening. Like any sport, a proper strength

and conditioning program can not only improve your game, but also help prevent injury. A general strength program will help promote muscle balance and flexibility, and should consist of at least one exercise for each muscle group, done 2-3 times a week. Northern Rehab also offers a Golf Performance Enhancement Program in which our staff will perform video analysis of your golf swing, along with examination of the muscles and joints involved in your swing, and give instruction to correct any muscle imbalances and improve your swing mechanics.

[To schedule an examination and take your game to the next level of skill and safety, contact us at \(815\)756-8524.](#)

Healthy Tips for Tending your Garden

Gardening can be a fun and fruitful activity with benefits that go above and beyond the resulting garden.

Gardening as Exercise

Gardening is an excellent means of staying active, with benefits such as an improved cardiovascular system and decreased risk of developing type-2 diabetes, high blood pressure, or osteoporosis.

Gardening strengthens muscles and can burn as much as 150 calories for only 30-45 minutes worth of work.

General Safety

Being out in high temperatures for even short periods of time can cause serious health problems. Beat the heat by staying hydrated with non-sugary drinks and taking breaks in shaded areas. Be aware of the

symptoms of heat-related illness: high body temp, rapid pulse, headache, dizziness, nausea, and confusion. Also be aware of any allergic reactions you may have and remember to wear gloves and other safety equipment. Use tools that are well-made and fit your body size. And don't be afraid to seek help if you believe you are suffering from a heat-related or other illness.