

June 1st - June 15th

www.nothernrehabpt.com

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Stop in and see us at:

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Elevate Your Game!

This summer, **Northern Rehab** is offering our Athletic Development Camp to athletes, ages 12-16, who are looking to improve their on and off-field performance.

The camp will focus on sport-specific drills that build muscular stability and strength, improve agility and speed, and increase energy level.

If you're interested in training with us, [call us or check out our Facebook page](#) for more information.



Summer Sports Injury Prevention

Warm summer weather is here and many individuals are getting back into the athletic activities that they enjoy. From softball to swimming to running, and even common backyard games of bags and horseshoes, there are plenty of enjoyable sports and leisure activities that will keep you busy but could also sideline you with injury.

Increased Chance of Injury

During the colder months of the year, people are typically less physically active. However, when the weather warms, many individuals jump right back into their favorite summer activities with little physical preparation. With the body undertrained for many of these activities, the chances for injury increases.

Improve Your Golf Game

The golf swing is not a natural movement for the body, and due to the repetitive nature of golf, the swing can cause undue stressful forces on the body. Even golfers at the highest performance levels often have issues with their swings that can sometimes lead to serious injury.

Prevent Summer Sport Injuries

It is important to remember that the body requires time to adjust to increases in activity level, and pushing it too hard can result in an injury that can sideline you for a good portion of the summer. If you know of a specific activity ahead of time, try to increase your physical activity level 4-6 weeks before the activity. Cardiovascular exercise and strength training, 3-4 days per week for 30-60 minutes will help you to adequately prepare your body for those upcoming activities.

Safety Equipment is a Must!

Summer activities often require appropriate safety gear. Cyclists should wear helmets and reflective gear, while runners should have reflective

clothing and good, sound running shoes. These are easy and immediate steps that you can take to mitigate injury.

Beat the Heat

Heat stroke is a concern for even a well-conditioned athlete, so it is important to remember to take steps to recognize and prevent heat-related illness. With hard physical work, your body can generate up to 15-20 times its normal heat. Remember to stay hydrated, especially during the hottest hours of the day. If you experience any symptoms of heat sickness or stroke (dizziness, cramps, sweat cessation, and fainting), then stop all activity and seek medical attention if necessary.

Remember to play it smart and safe and have a great summer!

casual golfer, exercise can help you improve your play on the course and keep you injury free.

Northern Rehab offers the Golf Performance Enhancement Program, designed to improve your swing and keep you injury free. Call or visit us on the web to learn more!

Fitness Plays a Role!

Muscular strength, balance, and flexibility are important for a good swing. An imbalance can throw off swing dynamics while compromised flexibility can prevent you from obtaining maximum swing speed, and both cause poor swing mechanics that may lead to injury. Even if you are a