

Mar 1st - Mar 15th

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FREE Pedometer!

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Stop in and see us at:

Northern Rehab

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1211 Currency Ct.
Rochelle, IL 61068
815-562-3299

540 E. Main St., Suite 5
Genoa, IL 60135
815-784-6417

March is National Nutrition Month!

Here is a healthy snack
to take on walks:

Trail mix (1/4 cup serving ~ 130 cal)

1. In a large bowl add 1 cup whole wheat cereal squares
2. Toss with 1/2 cup ea. dried cranberries, raisins, chopped dried apricots, chocolate chips, walnuts, and almonds
3. Store sealed and refrigerate



www.northernrehabpt.com



Walk Your Way to Health with a FREE Pedometer!

Have you been keeping up with your New Year's resolution to improve your health? If you're having trouble sticking to your goals, maybe it's time to re-vamp and write a new one! A great place to start is to simply increase the amount you walk. In fact, 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.

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. **To help you with this, Northern Rehab is giving out FREE pedometers**

at all of our locations. A pedometer hooks onto your belt and counts the number of steps taken.

As with any exercise program, consult your physician before beginning and stop if you experience any pain.

Stop in today for your FREE pedometer!

In Step with Plantar Fasciitis

What is plantar Fasciitis?

Plantar fasciitis is the most common cause of heel pain. The plantar fascia is a flat band of ligamentous tissue that connects from your heel bone to your toes. This structure supports the arch of your foot. Plantar fasciitis is common in middle-aged people but can also occur in younger people.

Plantar fasciitis occurs when the plantar fascia ligament is subjected to repeated strain, which causes tiny tears in the fascia. This leads to pain, swelling, and weakness in the heel. Plantar fasciitis is more likely to occur if your feet roll inward when you walk, if you

have overly high arches, have flat feet, if you stand, walk, or run on hard surfaces for extended periods of time, if you are overweight, if you wear poorly fitted or worn shoes, or if you have tight Achilles tendons or calf muscles. The most common symptoms include pain with the first steps after rest. Stiffness and pain tend to increase with prolonged standing, walking, or climbing.

How can it be treated?

The best thing for any form of "itis" (aka inflammation) is rest and cutting back on aggravating activities. To reduce pain and prevent additional swelling, you can apply ice to your

heel. Loosen the calf muscle by gently stretching when you wake and throughout the rest of the day. Wear shoes that are not worn and that support the arch of your foot. If pain persists, consider consultation with a Northern Rehab physical therapist.

Preventing plantar fasciitis:

Ask your PT for a stretching routine for your calf. Wear shoes with a supportive arch and cushioned heel. Maintain a healthy weight. Create a healthy exercise routine and gradually increase your intensity level. Alternate running with lower impact activities.