

Feb 15th - Feb 28th

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Preventing ACL Injuries

Stick with that New Year's resolution with a FREE Pedometer!

Stop in and see us at:

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**Winter Olympic Medal Count:**

Country	Gold	Silver	Bronze
UNITED STATES	1	2	3
GERMANY	1	3	0
FRANCE	2	0	1
CANADA	1	1	1
KOREA	1	1	0
ITALY	0	0	2
CZECH REPUBLIC	1	0	0
NETHERLANDS	1	0	0
SWITZERLAND	1	0	0
SLOVAKIA	1	0	0



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**Preventing ACL Injuries**

**Did you know that each year over 100,000 Anterior Cruciate Ligament (ACL) repairs are required each year in the US?**

More alarming is that the majority of these problems occur in females 15-25 years old.

**So what is the ACL?** It is a ligament found inside the center of the knee joint, connecting the femur to the tibia, and its job is to provide stabilization at the knee. Any sport or activity that causes a lot of stress on the knee, especially accompanied by twisting motions, can damage the ligament, even to the point in which surgery is required.

**So how do ACL injuries occur?** Most ACL injuries are non-contact, meaning that they

occur from an athlete's own movement, rather than an impact or collision. High risk factors include: muscle imbalance the thigh, an inappropriate knee position when cutting to the side or landing, poor core strength, poor flexibility, playing high level sports without preparation, and under-emphasis on a strength and conditioning program.

**So what can I do to prevent injury?** First you must identify the risk. Athletes young and old in sports that require a great deal of agility and explosive (jumping/running) power are at higher risk for this injury. You can also observe your athletes movement. Ask them to jump off a step 12-18 inches tall, and observe their knees. If

their knees stay locked and straight, or if they buckle inward past the inward edge of the foot, then they are at a greatly increased risk of sustaining an ACL injury. After the risk is identified, it is highly recommended to seek out additional strength and conditioning training in order to correct any muscular or flexibility imbalances. Such training can help prevent ACL and other injuries while also improving overall athletic performance.

Northern Rehab offers a variety of sport-specific athletic training for almost every skill level that will help your athlete through injury prevention and athletic development.

**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 goal, 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.