

Stop in and see us at:

3266 Resource Pkwy.  
DeKalb, IL 60115  
815-756-8524

232 W Lincoln Hwy.  
DeKalb, IL 60115  
815-756-2369

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

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



## Physical Activity in Cold Weather October 16<sup>th</sup> - 31<sup>st</sup>

Outdoor physical activity can be heavily affected by the weather. With the fall weather finally upon us, it is important to take the following steps to adapt to the changes and prevent injury.

With colder weather, a proper warm-up before activity becomes more important than ever. Light cardiovascular activity helps to slowly bring your body temperature up, improving the elasticity of muscles, tendons, and ligaments, which helps to prevent injury. A warm-up also raises the body's metabolism so that it can quickly adapt to levels necessary for physical performance.

Clothing is also an important part of preparing for cold weather activity. Clothing, especially base layer wear, should be sweat resistant or wicking so that body moisture is moved away from the body. This helps prevent excessive heat loss in extreme colds. Layering clothing also allows you to remain warm while having the ability to remove layers to comfortably adjust to changes in body temperature that occur during exercise.

Following these easy steps can help prevent injury and keep you active even as the temperature drops!



## Don't Let Arthritis Slow You Down!

Arthritis in all of its forms can be a painful and debilitating condition. Arthritis results in the breakdown of structures in our joints, and leads to pain or discomfort whenever an arthritic joint is used. In the US, approximately 50 million people, including 300,000 children, suffer from arthritis and similar rheumatic diseases.

Physical activity can often be the source of arthritic pain, which is a major reason that many with arthritis avoid being active. However, according to the American College of Rheumatology, physically active patients with arthritis are physically healthier. They are also happier and live longer, while experiencing improvements in pain, sleep, energy, and day-to-day function. While pain due to arthritis may seem like an insurmountable hurdle, it is possible to overcome it.

If you suffer from arthritis, your physical therapist can help develop a plan for you to return to a greater level of physical activity. For more information, visit our website or call 815-756-8524.

**Congratulations to Kristin and Brian Christian on the birth of their new baby girl!**

**Northern Rehab will have a foam rolling station at the Pumpkinfest run on Sunday, October 30<sup>th</sup>. Stop by to cheer on the runners and see us in action!**

[northernrehabpt.com](http://northernrehabpt.com)