

Newsletter

May/June 2006



- 1. Shoes:** Be sure that they are snug and comfortable but not tight. There should be about ½ inch of room between your longest toe and the tip of the shoe.
- 2. Posture:** Keep your lower abdominal muscles tight when walking and try to keep your shoulders back.
- 3. Heel – to – Toe:** Be sure that your heel touches the ground first then roll your weight forward and push off with your big toe.
- 4. Warm Up – Cool Down and Stretch:** Walk slowly for several minutes then stretch before picking up your pace. Be sure to slow down and stretch at the end of your walk.



Physical Therapist, Aaron Nevdal, has developed a golf enhancement program.

What will my visit with Aaron include?

An exercise program will be designed specifically for the golfer based on results from a musculoskeletal evaluation and video golf swing analysis.

Will it make me a better golfer? The program is designed to promote balance, strength and flexibility throughout the golf swing which can result in a better golf score. Also, the program will help to prevent injury and promote wellness and enjoyment of game.

How do I make my appointment with Aaron for the golf program?

Contact Northern Rehab for appointment at 815-756-8524.

Healthy Eating

Grocery Shopping is always a challenge, especially when trying to choose foods that are healthy and low in calories. Here are some suggestions for the nutrition conscious shopper:

Soluble Fiber: kidney beans, oats, brussel sprouts, skin-on apples

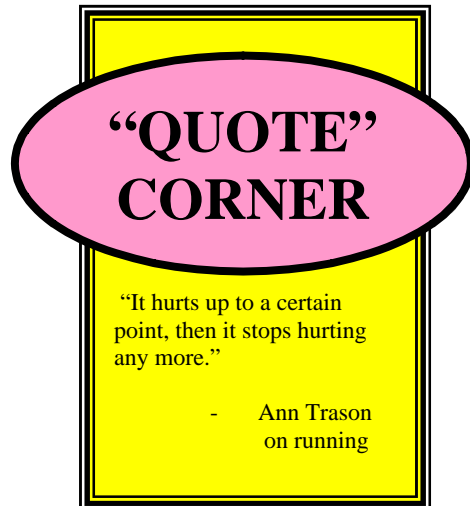
Beverages: unsweetened teas, no-sugar added juices, diet soft drinks.

Breads: rye, multi-grain, whole-grain, sourdough

Cereals: whole-grain and multi-grain, high in fiber

Desserts: fat free frozen yogurts and sorbet

Fruits and Vegetables: avoid packaged which are usually high in sugar



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Sunrise Rotary 8K Run

The DeKalb Sunrise Rotary is hosting their first annual 8K run on May 20th. This is a great place to start your summer running! The event will take place at the Potawatomi Woods Forest Preserve in Kirkland, IL and begin at 8am. Northern Rehab is a corporate sponsor of the race and will have physical therapists available for post-race stretching sessions, consultations and training advice. For more information, go to www.kishrotary.org.

Family Fitness

It's easy for children to stay healthy and develop good habits if they see their parents making an effort to exercise regularly. Spring is the time of year to establish a daily exercise routine for your family. Consider walking to the park or bike riding a fun and easy way to improve your family's fitness level.



P.E.A.K.

Running Program

While running can seem as simple as lacing up the shoes and heading out the door, in reality it is complex interaction between the ground and your body.

Subtle imbalances in the muscles and joints of the body can hinder optimal performance and predispose runners to aches and pains. Deviations in running technique can increase energy demands, cause fatigue, slow finish times, and lead to overuse injuries. Running shoes aren't standardized and if purchased without respect for the individual foot and body type could worsen or cause problems.

Call to set up an appointment with Denny Kolkebeck to experience P.E.A.K. running or to ask questions.

Stretch of the Month



Posterior Calf Stretch: Put your toes up on the wall while keeping your heel down. Slowly bend your knee toward the wall. Hold a gentle stretch for 30 seconds. Repeat two times on each leg. Be sure that you feel a gentle pull, not pain.