



Northern Rehab PT Newsletter

You have a choice where you can go for physical therapy.
Thank you for choosing Northern Rehab!

Sycamore Rd.
815.756.8524

Lincoln Hwy.
815.756.2369

Genoa
815.784.6417

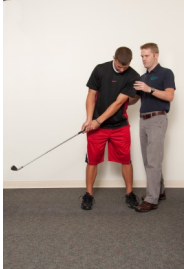
Rochelle
815.562.3299

Sandwich
815.786.1888

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Four Ways To Prevent Golf Injuries



According to an article published in the Journal of Strength and Conditioning Research, performing a functional based exercise program has been proven to increase the club head speed of golfers, as well as their perceived and measured level of physical fitness. The average improvement in club head speed was four miles per hour, which added approximately 30-45 feet to the driving distance off the tee.

The authors of the study concluded increased flexibility; along with strength have a greater influence on club head speed than either one alone. Participants in the study performed an eight week training that incorporated static and balance drills, progressive strengthening exercises, and flexibility activities. Participants were also scored on standardized fitness test parameters which showed a marked improvement following completion of the eight week program.

Northern Rehab's physical therapist, Aaron Nevdal, states that golfers must maintain appropriate balance of flexibility, strength, and stability throughout the entire body to prevent injury since the golf swing is an asymmetrical motion to carryout repetitively. In addition, Aaron offers a Golf Performance Enhancement Program to enhance the performance and longevity of non-injured golfers seeking performance enhancement at Northern Rehab.

Aaron recommends the following tips to help lower the risk of injuries while golfing:

1. Take It Easy. Most golfing injuries result from overuse.
2. Warm Up. Performing a golf-specific warm up before a round focusing on the hips and spine mobility has been shown to reduce injury rate in golfers.
3. Focus On Swing Mechanics. Correcting swing mechanics and posture as you contact the ball may assist in preventing common injuries as well as assist in the length and accuracy of the drive.
4. Use Common Sense. Be in shape to play your sport and drink plenty of water when on the golf course during the summer months.

For more information or to schedule an appointment with Aaron for our Golf Performance Enhancement Program or physical therapy, please call our DeKalb Main Office at 815.756.8524.

Inaugural Live Healthy DeKalb County Get Active Week

We are really excited to have been invited to participate in the very first Get Active Week hosted and organized by Live Healthy DeKalb County and the Kishwaukee YMCA. Get active all week during May 17-26 with a variety of activities and programs from local businesses and organizations. Northern Rehab will be providing 3 different presentations for our community for Get Active Week. Save the dates and join us for our events and watch for more information soon:

- Wed., May 22 - 6:30pm - At the Genoa Clinic: Runners Enhancement & Injury Prevention
- Wed., May 22 - 5:30pm - At the Sandwich Clinic: Body Mechanics at Work & Home-Gardening, Computer & Home Safety
- Thurs., May 23 - 7:00pm - At the DeKalb Sycamore Road Clinic: Golf Enhancement & Injury Prevention

Be sure to view our flyers displayed in our clinics for more detailed information on each event. You may also visit our website!



Historic Bur Oak Tree Commemorated Near Our DeKalb Lincoln Highway Facility



The City of DeKalb and DeKalb Park District hosted a small ceremony last week to celebrate Arbor Day. They commemorated a Bur Oak Tree which is estimated to be 386 year old that is located along the DeKalb Nature Trail just behind our DeKalb Lincoln Highway facility (on the west side of the bank). Pictured here is our DeKalb Lincoln Highway team in front of this impressive tree! We're pretty excited to have this near our facility!