NORTHERN REHAB PHYSICAL THERAPY Specialists

- A privately-owned local business, **Northern Rehab Physical Therapy Specialists** has built a solid reputation and strong relationships within the communities it serves. Northern Rehab strives to treat patients in a professional, yet fun and friendly atmosphere while working closely with their physician or other referring provider.
- **Northern Rehab** provides quality, skilled hands-on physical therapy with an emphasis on one-on-one physical therapy care provided by the physical therapist.
- A doctor prescription is not required for physical therapy. This means you can start feeling better right away. **Northern Rehab** physical therapists will prioritize treatment options that are less expensive, less invasive, less addictive, and more personalized.
- You don't need to live with pain. Choose Northern Rehab today and stop letting pain control your life.

#CHOOSENORTHERNREHABFIRST

Voted Best Physical Therapists
12 consecutive years in DeKalb County
and 3 consecutive years in Ogle County!

DeKalb

3266 Sycamore Rd.
DeKalb, IL 60115
Located at the corner of Bethany & Sycamore Roads, by the UPS Store

Phone 815-756-8524
Fax 815-756-1841

Genoa

540 East Main St.
Genoa, IL 60135
Genoa Shopping Center
At the corner of Routes 23 & 72, across from McDonald's

Phone 815-784-6417
Fax 815-784-3178

Rochelle

1211 Currency Ct.
Rochelle, IL 61068
Holcomb Bank Professional Park
Located between Dunkin' Donuts and Holcomb Bank

Phone 815-562-3299
Fax 815-562-6877

NORTHERN REHAB PHYSICAL THERAPY Specialists

northernrehabpt.com

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Nutrition

To Aid In The Rehab Process

NORTHERN REHAB PHYSICAL THERAPY Specialists

HOW TO EAT HEALTHY

Nutrition is important to overall health & wellness

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Nutrition to Aid the Rehab Process

Nutrition is an important component of overall health and wellness.

- Diet can play a role in managing inflammation, maintaining energy levels, and supporting the immune system.
- The standard American diet typically consists of foods that put individuals at increase risk for chronic, low grade inflammation and chronic disease.
- Many chronic pain issues and lingering injuries could be improved by eating a diet consisting of foods that help manage inflammation, support the immune system, and help promote optimal tissue healing/ muscle growth.
- Food choices should be considered an important part of the rehabilitation process when recovering from an injury or dealing with chronic pain.

What foods and nutrients should I be eating? Recommendations include:

Foods that help with inflammation:

- Fruits and vegetables.
    - Berries, tart cherries, beets, and pomegranates have anti-inflammatory properties.
- Herbs and spices.
    - Turmeric, ginger, and saffron (some may also act as blood thinners, so consult your physician first).
- Omega-3 fatty acids.
    - Salmon, cod, tuna, sardines, flax seeds, chia seeds, and walnuts.

Foods that promote bone and muscle growth:

- Proteins help prevent muscle breakdown due to chronic inflammation and promote muscle growth when recovering from an injury or surgery (body has increased energy demands during periods of healing and tissue repair). Whey protein typically found in dairy products and meats are good food sources.
    - Chicken breast, tuna, steak, skim milk, tofu, eggs, and whey and soy protein powder.
- Vitamin D (+ Calcium) helps improve bone strength and density, but also has anti-inflammatory properties, and helps to support a healthy immune system.
    - Salmon, trout, tilapia, tuna, portobello mushrooms, milk, yogurt, cheese and cottage cheese. Other sources include UV light and supplements.
- Vitamin K is good for bone health and works in conjunction with Vitamin D and Calcium.
    - Leafy greens, green tea and prunes.
- Magnesium is also good for bone health.
    - Leafy greens, whole wheat bread, cocoa, and tomato products.
- Potassium supports bone health.
    - Fruits, vegetables, and dairy foods.

Foods that help promote immune health:

- Carbohydrates and fiber support lymphocyte function and reduce stress hormones in the body. Fiber promotes “gut microbiome” diversity and helps drive metabolism.
    - Bran cereal, navy beans, shredded wheat, chickpeas, lentils, black beans, wheat bran flakes, pumpkin seeds, edamame, avocados, potatoes, chia seeds, pears, apples, and quinoa.
- Probiotics fight off bad bacteria in the body (GI tract), aid digestion, and help drive metabolism.
    - Yogurt, sauerkraut, kefir, tempeh, kimchi, miso, kombucha, and pickles.
- Prebiotics are dietary fiber that help feed good bacteria.
    - Asparagus, sugar beets, garlic, chicory, onion, Jerusalem artichoke, wheat, honey, banana, barley, tomato, rye, soybean, cow’s milk, peas, beans, and seaweed.
- Vitamin C helps support the immune system by aiding development of immune cells, but also helps with overall bone health.
    - Citrus, orange juice, sweet red peppers, tomatoes, strawberries, potatoes, and broccoli.
- Zinc helps support immune function, but also promotes overall bone health, protein synthesis, and has anti-inflammatory properties.
    - Nuts, seeds, mushrooms, shrimp, and animal proteins.

For additional questions or dosing information, please speak to your primary care physician or reach out to a registered dietician in the area.