

SPORT & SPINE SPECTACULAR

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NATIONAL RED CROSS MONTH



March is National Red Cross Month. The International Committee of the

Red Cross was founded in 1863 as an aid to war-injured soldiers and civilians. The American Red Cross was founded by Clara Barton in 1881. The Winona chapter of the American Red Cross has its mission statement on its website: "Our purpose is to provide all Winona County residents with the basic services and protections of the American Red Cross. These activities will be governed and delivered by volunteers whenever possible and will include: blood services, disaster relief, health and safety education, international tracing services, and aid to military families."

The Winona Chapter of the American Red Cross has three blood drives scheduled for March:

- Monday, March 5th, 11:00-4:45
St. Anne Healthcare
1347 W. Broadway
- Wed, March 7th, 12:00-5:45
Riverport Inn & Suites
900 Bruski Drive
- Monday, March 26th, 1:00-5:45
First Congregational
161 W. Broadway

You can make an appointment by calling the office: 452-4258
Visit the Winona Chapter of the American Red Cross online at <http://www.winonacountyredcross.org>

A PATIENT'S SUCCESS

"The staff here is great. Everyone has always been very helpful and friendly. Dave and the rest of the staff were really awesome about answering any questions I've had about my care. I really enjoyed my experience here and would recommend Sport & Spine to anyone. The exercises I have to do at home to manage pain have also been a lifesaver. I'm so thankful for all the help you guys have given me in my recovery. Keep up the good work!" – Robin M

Read more Success Stories online!

http://www.sportnspine.com/success_stories/index.php

EAR MUFF DAY

Heads up, everyone! March 13 is Ear Muff Day, the 130th anniversary of the invention of the "Champion Ear Protector," later called "ear muffers" and then shortened to "ear muffs." To celebrate this great day, we're inviting all current and former patients to stop in, wearing earmuffs, and be entered in a drawing for a Sport & Spine hot/cold pack! To be eligible for the drawing, you must be wearing **ear muffs**. No hats, headbands, or other substitutions will be allowed. The drawing will be held March 14 and the winner will be notified by phone. Good luck to everyone, and remember to stay warm!



STAFF NEWS

Exciting news for two of our staff members: Holli Literski and Gabby Myers are engaged!

Holli and her fiancé Ben Kalmes got engaged on Feb. 17th. Ben works for WingFoot as well as living and working on a farm in Rollingstone. Holli and Ben have been dating for four years and have tentatively set the summer of 2008 for a wedding but haven't picked a date yet.

Gabby and her fiancé Keith Yehle got engaged on Feb. 20th. Keith is an engineer with TRW Automotive in Winona. Gabby and Keith have been

together for almost two years; they would like to get married in 2007 but haven't picked a date.

Congratulations to both!



E-NEWSLETTER

Would you rather receive our newsletter electronically? Please contact us with your email address and we'll make sure you receive it electronically in the future!

info@sportnspine.com

COMING OUT OF “EXERCISE HIBERNATION”

The days are getting longer, the temperature is staying above freezing, and spring is getting closer. It's been a cold winter and for many of us, that means it's been a pretty inactive winter. But now that the warm weather is back, we can jump right back into our old exercise routines, right?

Wrong! If you've been less active over the winter, the chances of injury are much

higher during the first few weeks of the spring exercise season. Runners and other athletes can pull muscles and even injure stiff joints. Even activities that aren't considered "exercise" like gardening or other lawn-care can be dangerous if you dive in too quickly.

Doctors advise a warm-up program for at least one to two weeks before you start your old routine. For example, runners should start out

by walking half their route and increasing the distance until they can walk the entire circuit without pain. Only then should they start running. Gardeners, set a timer to keep track of how much you're doing each day and don't go overboard.

This is much slower than most people want to go, especially if you've used the winter to become a bit of a couch potato. Guilt over inactivity is an effective way

to overstress your body and hurt yourself. Take it easy; you'll have much more effective workouts if you're being careful and taking it slow than by laying yourself up the first day out. And always remember: a good stretch is always recommended!



In 1948, the General Assembly of the United Nations adopted & proclaimed the Universal Declaration of Human Rights.

Human Right #3:

THE RIGHT TO LIFE

We all have the right to live, and to live in freedom and safety.

Human Right #14

THE RIGHT TO ASYLUM

If we are frightened of being treated badly in your country, we all have the right to run away to another country to be safe.

DID YOU KNOW?

St. Patrick's Day Trivia

- ♣ The first St. Patrick's Day parade was held in Boston in 1737.
- ♣ In Chicago, the waterways are dyed green for St. Patrick's Day.
- ♣ Nineteen of our past presidents proudly claim Irish heritage, including George Washington.

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