

BACK TALK



Start your New Year's Resolution NOW!

Imagine it is January 1st and you are making your 2010 New Year's Resolutions. After over indulging during the holidays you may be vowing to lose weight and be healthier. On average people gain 1-2 pounds over the holidays and if you are already overweight the amount gained is closer to 5 pounds. This isn't good news at all! Those extra pounds accumulate throughout the years and may be a major contributor to obesity.

Halloween marks the beginning of the holiday season. If you make poor food and lifestyle choices during Halloween it can lead you into a downward spiral through Thanksgiving, Christmas and New Years. Sport & Spine would like to help finish 2009 on the right foot by challenging you to a "End of the Year" Resolution. Why wait until 2010 to be a better you?

Beginning the week of October 26th through the end of the year Sport & Spine will send weekly tips, challenges and exercises via e-mail. To receive weekly support in reaching your "End of the Year" Resolutions send an e-mail to PRMarketing@sportspine.com. Accountability is an important component to seeing your goals come to fruition and Sport & Spine would like to help you conquer your goals.

Now, imagine yourself on January 1st, 2010 again, this time your resolution isn't to lose weight. Your goals for 2010 can be something you have always dreamed of trying, doing and achieving.

Welcome Back Erin!

Sport & Spine is excited to welcome Physical Therapist, Erin Alexander back! In April Erin gave birth to a beautiful baby girl name Isabella Pearl. Erin is enjoying the blessings of motherhood and spending time with her new daughter. Welcome Erin back by sending her a message at ealexander@sportspine.com

Quote of the month

"The doctor of the future will give no medicine, but will interest his patients in the care of the human frame in diet and the cause and prevention of disease."

-Thomas A. Edison

Care to Share

The greatest compliment we can receive is when you refer someone to us!!! This month refer someone to Sport & Spine and receive a \$5.00 gift certificate to an area business.

October is National Physical Therapy Month

Physical Therapists are experts in restoring and improving the motion that is so critical to your well-being. National Physical Therapy Month is an opportunity to teach people what Physical Therapists and Physical Therapist Assistants do and what they can do for you.

When you have pain daily activities can be challenging—picking up a child, grocery shopping or even enjoying an evening walk can be difficult. It is good to know that physical therapists are the experts on whom you can depend to help you move forward.

Here are just a few things a physical therapist can do for you:

- Help you improve your mobility and quality of life, in many cases without surgery or prescription medicine.

- Apply their extensive education and clinical experience to bring motion back to your life.
- Teach you how to prevent or manage your health condition so that you will achieve an improved quality of life.

In honor of National Physical Therapy month, Sport & Spine Physical Therapy will be giving free 15 minute assessments October 26th - October 30th. This assessment will help you determine what might be causing your pain and if you would benefit from physical therapy.

Whether you have been dealing with pain for an extended period of time or just recently started experiencing pain, call us to set up your free appointment at 474-6900.

Flu Prevention 101:

1. Practice good hand hygiene. Wash your hands with soap and water. When soap and water are not available, use hand sanitizer.
2. Wipe down your desk and other surfaces with disinfectant wipes before and after you use them.
3. Cover your mouth or nose with a tissue when you cough or sneeze. If a tissue is not available, cough or sneeze into your elbow or shoulder.
4. Don't share beverages or eating utensils.
5. Eat healthy nutritious meals, drink fluids regularly and get plenty of sleep.
6. Avoid close contact with those who are ill; stay at least six feet away from them.
7. Get both vaccinations – for seasonal flu and for H1N1 flu.

Influenza symptoms to watch for are:

Fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, and fatigue. Some who have been infected with the virus also reported diarrhea and vomiting. If your symptoms do not improve after several days, contact your primary health care provider.

Recipe of the month:

Peachy Crockpot Chicken

With our increasingly busy lives, slow cookers are a great way to have a healthy, home cooked meal.

- 8 boneless, skinless chicken thighs
- 1/8 teaspoon cayenne pepper
- 1 teaspoon paprika
- 1 teaspoon dried thyme leaves
- 2 sweet potatoes, peeled and cubed
- 1/2 teaspoon salt
- 1 onion, chopped
- 1 cup peach preserves
- 1/2 cup water
- 2 tablespoons cornstarch

Sprinkle chicken with salt, cayenne pepper, paprika, and thyme. Place sweet potatoes and onions in 3-1/2 quart slow cooker and top with chicken. Top with peach preserves. Cover and cook on low for 6-8 hours until chicken is thoroughly cooked and sweet potatoes are tender when pierced with fork.

Combine water and cornstarch and mix well. Add to slow cooker. Cover and cook on high 10-15 minutes until sauce is thickened



INSURANCE TIP:

Time flies and we are quickly coming to the end of the year. If you have already met your deductible for the year, then NOW is the ideal time to take care of any pain and/or physically limiting problems before a new year (and new deductible) start!