

SPORT & SPINE SPECTACULAR

VOLUME 4, ISSUE 2

FEBRUARY 2007



HUMAN RIGHTS ARTICLE

When most people think about human rights and what they are, most think of the right to vote, the right to the freedom of speech, the right to gather, etc. Most people are not aware, however, that there are actually 30 individual human rights which each of us enjoy, or at least are supposed to enjoy.

That is correct. The Universal Declaration of Human Rights was ratified by the United Nations back in 1948 and forms the foundation of everyone's most basic human rights. These 30 human rights are supposed to be adhered to

by all of the 192 member nations which make up the United Nations.

Eleanor Roosevelt was the principal architect of the Declaration. She described the importance of these rights with these words:

"Where, after all, do universal human rights begin? In small places, close to home—so close and so small that they cannot be seen on any maps of the world. Yet they are the world of the individual person; the neighborhood he lives in; the school or college he attends; the factory, farm or office where he works... Unless these rights

have meaning there, they have little meaning anywhere.

Without concerted citizen action to uphold them close to home, we shall look in vain for progress in the larger world."

Therefore, SSPT has chosen to help live by the former First Lady's words and attempt to uphold them close to home.

You may have noticed last month that we included two of those human rights and will continue to do in the future.

For more information regarding your human rights we encourage you to visit their website at

www.youthforhumanrights.org.

A STORY OF SUCCESS

"From a beginning of '... you're not the most limber person in the world...' to feeling more like a pretzel, I feel I've gained a lot from my experience at Sport & Spine. Knowledge and confidence were gained. All the staff is so professional, caring, and up-beat that any apprehension soon passes.

Thanks for what you've done for me; and what you do for people." - Tim M

ANNIE BARRETT, PR, JOINS STAFF

Sport & Spine Physical Therapy is happy to welcome Annie Barrett to our administrative team. Annie will be working in the Public Relations and Promotions departments, helping to get the good name of Sport & Spine out to the public!

Annie is originally from Winona and has lived here most of her life. A 2001 Cotter Grad, she attended Winona State University and pursued a degree in East Asian Global Studies before taking on a whole new career as a professional cook. Her husband Nate works as a technical writer at Fastenal. They were married in September and bought their first house in December, where they live with their two cats.

We are very pleased to welcome Annie and wish her luck here at Sport & Spine.



NEW RECEPTION AREA!

As of January 23, 2007, Sport & Spine has a new reception area. Patients will now enter the building and proceed to the left, where our receptionist will check them in and let their physical therapist know that their appointment has arrived. Patients will then be escorted to the gym and exam area to the right. Our newly-made free spaces will be used to create consulting rooms and workspace for our PTs. We hope you'll see the results of our new layout soon!

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@sportspine.com



DESK STRETCHES (PART 3)

In November and December we started a series of stretches you can do at your desk to keep yourself loose and energized. Keep these exercises in mind when you begin to feel fatigued after sitting at your desk all day. Modify the exercises as needed if you have any specific neck, back or shoulder problems. Do these stretches several times throughout the day to relax and stretch the upper body.



Dynamic Neck Stretch

Reach the left arm down and away from the body as you drop the head to the right, stretching the neck. Place the right hand on the head and **gently** press your head into the hand, then release and stretch. Continue to contract the neck and press the head into the hand, then stretch for 10 reps, then switch sides.



Twisted Shoulder Stretch

Take the hands straight out in front of you and rotate the arms so that the palms face away from each other. Cross the arms so that the palms are pressed together and round the back, reaching the arms away from you as you relax the head. Hold the stretch for 30 seconds.

From Paige Waehner, exercise.about.com

Feeling frustrated?
Is February getting on your nerves?
Ready to bang your head against a wall?
There is some good news! While we can't do anything about the weather or make the month go faster, we can tell you that **banging your head against a wall burns 150 calories an hour.** So "knock yourself out!"

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

Human Right #2:

DON'T DISCRIMINATE

These rights belong to everybody, whatever our differences.

Human Right #13

FREEDOM TO MOVE

We all have the right to go where we want in our own country and to travel as we wish.

SPORT & SPINE GOES ONLINE

Five and a half years after opening, Sport & Spine Physical Therapy has a website! You can find it at <http://www.sportspine.com>. On our website you'll find information about our staff, what we treat, our mission, and what physical therapy is all about. Visit our Success Stories page to hear what people are saying about their experiences here at Sport & Spine. Get tips and tricks for staying fit and healthy during every season. There's even an online version of our newsletter. We are all excited about our new website and we hope it will be a great resource for you!

(507) 474-6900

Sport & Spine Physical Therapy of Winona, Inc.
350 East Sarnia
Winona, MN 55987