



WELLNESS NEWSLETTER

August/September 2007



Backpacks and Back Pain

Summer has been fun, but it's time to start thinking about school. New shoes, clothes and a list of school supplies are

among the purchases that each family is making. Finding the right backpack and using it properly is very important. Here are some tips for backpack safety:

- Choose a backpack with two wide padded shoulder straps, a padded back, lightweight or rolling capability
- Always tighten straps to fit your body and use both shoulder straps when carrying the backpack
- Organize the backpack by using the compartments and pack it lightly. It shouldn't weigh more than 20% of the student's total weight
- Pack heavier items closer to the center of the back
- Bend using both knees and leg muscles when bending down with backpack on

Protection From Germs

With back-to-school just around the corner and flu season not far behind, it's not too early to be thinking how to protect yourself and your family from germs.



Following are some ways:

- Wash your hands often with soap and water, especially after using the restroom and before preparing food

- Routinely clean and disinfect counters in the kitchen and bathroom
- Cook foods to their proper temperature. Refrigerate foods promptly.

Community Rehab Physical Therapy Clinic Spotlight

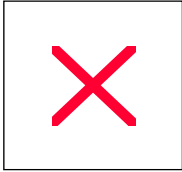
This month's featured Community Rehab Physical Therapy clinic is Fremont. Fremont's clinic has 5 employees. The clinic just recently hired Chris Petersen as a new physical therapist. Chris attended Creighton University. Fremont's clinic has two other physical therapist on staff. Mary Theiler who is co-owner of Community Rehab and Jamie Crowe. Lindsay Stecher is the physical therapy technician and fitness specialist and Cindy Grefe is in charge of the front office duties. Community Rehab Physical Therapy in Fremont offers all physical therapy services along with durable medical equipment and independent fitness programs.

Update your Shots

Immunizations help your body fight germs and help protect your body each time you come in contact with someone who's sick with certain diseases. How a vaccine works is when you are given a shot, the body makes antibodies against the weakened or dead germs in the

vaccine. The antibodies can fight the real disease germs if a person is exposed to the germs. These antibodies stay on guard in the body

for years to safeguard you from the disease germs. People of all ages are encouraged to check their immunization



records to be sure that they're up to date. The CDC recommends that children receive vaccines against diphtheria, tetanus, pertussis,

measles, mumps, rubella, chicken pox, and polio. Adolescents should be vaccinated against hepatitis A, hepatitis B and meningococcal disease. Adults should have vaccines against influenza, pneumococcal disease, tetanus, and diphtheria.

Community Rehab Heads Back to School

Community Rehab will once again be providing Athletic Training services to area high schools. Community Rehab volunteers the time of their Athletic Trainers and Physical Therapists to the following high schools: Arlington, Elkhorn Mount Michael, Louisville, Omaha Concordia, and Plattsmouth. The free service provided by the Athletic Trainers and Physical Therapists include weekly or bi-weekly visits to each school for injury screens. Athletes have their injuries evaluated and are then educated and directed in the care of their injury. The Community Rehab staff member gives advice regarding practice modifications, preventative stretching and exercise, and recommendations for other healthcare providers. Coaches and parents are informed of the evaluation through conversations and documents.

In the event that the evaluation reveals that physical therapy may be beneficial, Community Rehab offers athletes up to three free treatments without a physician's note.

Our staff may also be found outside of the school. We volunteer the time of our staff members to go out to the home football games of all the schools we provide the service as well as some of the away games.

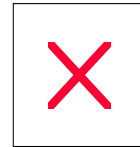
The Community Rehab Athletic Trainers and Physical Therapists also attend other home varsity events whenever possible. This is a great time to meet the parents and families of the athletes that we see throughout the week. We enjoy working with the area athletes and their families. We hope to see you out at all of the area high school sporting events.

Healthy Recipe of the Month

New Age Candy Apple

Makes 1 serving

1 Granny Smith apple, peeled
¼ teaspoon sugar free cherry jello
2 Tablespoons diet cherry cola
2 tablespoons thawed
frozen reduced fat
whipped topping



Slice apple crosswise into ¼ inch thick slices, remove seeds. Place stack of apple slices in small microwavable bowl, sprinkle with jello. Pour cola over slices. Cover loosely with waxed paper. Microwave at HIGH for 2 minutes or until liquid is boiling. Allow to stand, covered, 5 minutes. arrange rings on dessert plate. Serve warm with whipped topping.

NOTE: This recipe may be doubled or tripled easily. To cook 2 apples at a time, increase cooking time to 3 ½ minutes. To cook 3 apples increase cooking time to 5 minutes. This recipe works well with other apple types. Pick your favorite apple and enjoy!

102 calories; 2 grams fat

Weight Loss Bible by Betsy Hornick