



**WELLNESS NEWSLETTER**  
**December 2007**

**Know the Signs of a Cold and Flu**

This time of the year brings the cold and flu season.

Recognizing the difference between a cold and the flu is the first step in treating your illness. Here are the symptoms of a cold and the flu:



**COLD:**

- Congestion
- Runny nose
- Sneezing
- Muscle aches
- Scratchy throat
- Cough
- Feeling tired

**FLU:**

- Fever (usually high)
- Cough
- Chills
- Headache
- Sore throat
- Runny or stuffy nose
- Muscle aches
- Nausea, vomiting or diarrhea

Here are some ways to relieve cold and flu symptoms: Rest; Drink plenty of fluids; Avoid alcohol; Gargle with warm salt water; Use saline nose spray; Seek a doctor's care.

**Indoor Fitness**

This time of the year it is harder to stay fit because of the weather. Staying indoors is your option. Here are some ways to stay fit

- Walk in an indoor location, like the mall or the local gym.
- Create a home gym. Have dumbbells, and exercise ball, jump rope and other exercise equipment
- Exercise to an exercise video and workout in your living room

- Sign up for a dance class, water aerobics or yoga class. You can also swim or walk laps in an indoor pool
- Climb up and down the stairs for 20 minutes

**Avoid Snow Shoveling Injuries**

While snow shoveling can be a good way of exercising, it can also be harmful if overdone. Often people who shovel snow take on more than they can handle. Snow shoveling is a vigorous activity. It is a repetitive activity that can cause strain in the lower back and shoulders, especially when a person is out of condition and lifts incorrectly. Below are suggestions and tips to help make snow shoveling safer this winter.

- Lift with your legs bent and your back straight. By bending and "sitting" into the movement, you'll place less stress on your spine. Also avoid twisting movements.
- Individuals 40 and older should be careful, especially those who are relatively inactive.
- Don't shovel right after you eat and avoid caffeine and nicotine before beginning – this can cause your blood vessels to constrict.
- Don't pick up too much at once. Use a small shovel, or fill only ¼ to ½ of a large one.
- Do not work to the point of exhaustion. Dress warmly. Remember that extremities, such as the nose, ears, hands, and feet need extra attention during the winter's cold. Be sure to wear head and face protection.
- If there is persistent back or joint pain following activity contact a Community Rehab closest to you.

# COMMUNITY REHAB PHYSICAL THERAPY

## Celebrate the Holidays Safely

The holiday season is the busiest and also one of the most dangerous times of the year.



According to the National Traffic Safety Administration, about 3 in every 10 Americans will be involved in an alcohol-related crash at some point in their lives. To protect yourself and your

family, here are several safety reminders on how to host a safe holiday party:

- Have things planned other than drinking ( playing games, have music and dancing;)
- Have healthy foods and snacks during the event. Eating slows the absorption of alcohol in the bloodstream.
- Serve alcohol-free beverages in fancy glasses so they are more appealing. Offer a variety of drinks along with alcoholic ones.
- Avoid allowing guest to serve themselves drinks.
- Never allow a guest to drive drunk. Call a taxi, or find someone to drive them home.
- Encourage everyone to buckle their seatbelts when they leave the party.

## Basketball Season Arrives.....

The winter sports season has arrived, which means basketball season. Basketball practices and games bring ankle injuries to the forefront. Ankle sprains are one of the most common injuries that occur in basketball. Many things factor into ankle sprains during a basketball game; running, jumping, cutting, and especially landing on another player's foot.

OrthoSource, Inc. has a wide variety of ankle braces and supports. For severe acute ankle sprains the athlete or patient may benefit from an ankle cam walker. This brace gives the ankle maximum support by keeping the ankle protected in a fixed position. Another brace for the acute ankle sprain is the Bauerfeind Airloc or an Aircast. These braces give support over the tibia and fibula while compressing the ankle joint.

OrthoSource, Inc. also has a few different types of return to activity/functional ankle braces that can be used prophylactically as well. They include: MedSpec ASO, Hely &

Remember that when your athlete or patient receives a brace or support from OrthoSource, Inc., they are being properly fit and educated by a certified healthcare professional. So, for all of your ankle bracing needs, feel free to contact our main office at 408-0777 or your nearest Community Rehab Physical Therapy.

## Helping the Less Fortunate

During the holiday season Community Rehab adopts several families that are in need and are less fortunate. This time of the year is a way people can help others in need by donating clothes or toys, serving meals to homeless shelters or adopting a family. In the end you will be the one to benefit when you see those happy faces. Remember to keep the spirit of love, peace, and good will during this time of the year. It is the time of giving.

## Healthy Recipe of the Month

### *Bran Muffins* *12 servings*

- ¼ cup wheat bran
- ¼ cup oat bran
- 1/3 cup boiling water
- ½ cup milk
- 3 Tbsp packed brown sugar
- 3 Tbsp canola oil
- 3 Tbsp. honey
- 4 egg whites
- 1 1/3 cup whole wheat flour
- 2 tsp baking powder
- 1 tsp cinnamon
- ¼ tsp salt
- ½ cup raisins

Preheat oven to 400 degrees F. spray the bottoms in a 12 well muffin tin with cooking spray. Mix brans and boiling water, set aside. In medium bowl, beat milk, brown sugar, oil, honey, and egg whites. Add bran mixture, flour, baking powder, cinnamon, and salt; stir until moistened (batter will be lumpy). Fold in raisins.

Divide batter evenly among muffin cups. Cups will be 2/3 full. Bake 20-25 minutes or until golden brown. Immediately remove from pan. Nutrition information: 138 calories, 3 grams fat  
From Pamela Smith's *Eat Well, Live Well*