



**WELLNESS NEWSLETTER**  
**January/February 2008**

## Enhancing Your Exercise Routine



The first step to improve your health is finding or making the time to exercise. It is also important to change your workout or

it will become boring. According to the American Council on Exercise, here are ways to improve your workout:

- Change the intensity of your workout. Get creative.
- Eat properly and stay hydrated.
- Emphasize breathing
- Listen to music.
- Get a workout partner
- Hire a personal trainer.

The start of a New Year is a good time to start that exercise routine. Set goals and when you reach these, celebrate your successes. Take credit for success when you achieve a goal. If you slip don't blame yourself or give up. Instead, learn from your experience and start again.

## Clean Out Your Medicine Cabinet

Having an annual checkup is something that comes automatic each year about the same time. It's similar to a summer vacation or spring cleaning. There is something else that

should become an annual event and that is cleaning out their medicine cabinet.

According to the FDA here are some tips on keeping your medicine cabinet safe:

- Clean the cabinet at least once a year
- Discard any prescriptions that have expired. If you can't find a date—throw it out.
- Restock medical supplies, like bandages, gauze and tape.
- Keep all items in their original containers.
- Never mix medicines in containers to save space.
- Always store your medicine in a cool, dry place.



## Is it Rheumatoid or Osteoarthritis?

Rheumatoid arthritis is one of the most common types of arthritis. It is an inflammatory condition that primarily involves the joints. Osteoarthritis is another common form of arthritis experienced typically by the elderly. Often people are confused as to what type of arthritis they suffer from, but osteoarthritis is a "wear-and-tear" form of arthritis that occurs with age. Osteoarthritis often affects more of the larger weight bearing joints such as the hips and knees, whereas rheumatoid arthritis often affects more of the smaller joints such as the hands, wrists and feet.

# COMMUNITY REHAB

## PHYSICAL THERAPY

Below are more ways to differentiate rheumatoid arthritis from osteoarthritis include the following:

- The joint is swollen or red with rheumatoid arthritis.
- Rheumatoid arthritis joint symptoms are associated with systemic factors such as a fever, general fatigue or body stiffness lasting more than 10 to 15 minutes.
- With rheumatoid arthritis joints are affected on both sides, rather than on just one side.

If you are experiencing any of the above symptoms schedule an appointment with your physician.

While there is no cure for rheumatoid arthritis, patients can have considerable control over their disease through medications, lifestyle changes, and physical therapy.

### Young Athlete=Knee Pain

There seems to be one injury that is more common than any other at the high school level. That injury is Patella Tendonitis or Patella Tracking issues (knee pain). Typically these athletes come in with complaints of knee pain that is usually below the kneecap and/or along the inside border of the kneecap. Pain with squatting and walking up and down stairs is usually the next complaint. Here are some factors that lead to this issue:

#1- Tight hamstrings – Part of a home exercise program for these athletes is hamstring stretches 3-4 time a day.

#2- Quadriceps muscle weakness- The 2<sup>nd</sup> part of a home exercise program is to educate these young athletes on how to build the strength of the muscle in the quadriceps.

#3-Overuse- Athletes today are on the go. They rarely have time to let their bodies heal. The 3<sup>rd</sup> point in a home

exercise program is the importance of ice for athletes to use. Ice 2-3 times a day.

Athletes are given 7-10 days of their program before rechecking with them. If a home exercise program fails to give the athletes relief, they are encouraged to visit their local Community Rehab for a free treatment and evaluation by one of our Physical Therapists.

### Healthy Recipe of the Month Country French Toast

¼ cup orange juice  
½ cup skim milk  
4 egg whites, lightly beaten  
2 tsp. vanilla  
1 tsp. cinnamon  
6 slices whole wheat bread  
1 cup Yogurt fruit sauce  
Serve with ¼ cup Strawberry Syrup  
1/4 cup fresh berries per serving

In a medium-sized dish, whisk together juice, milk, egg whites, vanilla, and cinnamon. Add bread slices, one at a time, allowing them to soak in the egg mixture. Let sit for 4 to 5 minutes. Spray a nonstick skillet or griddle with cooking spray. Heat. With spatula, gently lift bread slices onto heated surface and brown on both sides. When done, cut toast into triangle and place three triangles on each plate; top with 1/4 cup yogurt fruit, then drizzle with 2 Tbsp strawberry syrup and garnish with berries.

Makes 4 servings.

Nutritional information  
286 calories  
2 grams fat

Recipe from Pamela **Smith's Eat Well, Live Well**

