



WELLNESS NEWSLETTER October/November 2007

National Physical Therapy Month:

October is National Physical Therapy Month. This month gives physical therapists an opportunity to educate their communities about who physical therapists are and what they do. This year the American Physical Therapy Association (APTA) chose the topic of physical activity in helping to prevent and manage overweight and obesity in both children and adults. Physical therapists play dual roles in our nation's fight against overweight and obesity. One role is focusing on prevention by developing plans and goals for individuals that promote the ability to move, decrease pain, restore function, and prevent disability. The other role of physical therapists, for individuals that are already overweight or obese, is to balance the need for joint protection and safety during exercise. Physical therapists encourage all patients and general public to take time and make physical activity part of your daily routine.



30 minutes to walk or enjoy some other physical activity and still have over 9 hours left to enjoy their favorite media outlets.

Easy Ways to Move More

Here are some ideas to add a little more activity to your everyday life.

1. Circle the outside aisles of the grocery store before you start shopping
2. When you bring groceries into the house, make a separate trip for each bag.
3. Walk into a bank or restaurant instead of using the drive-through.
4. While brushing your teeth do some calf stretches.
5. Walk to the airport gate instead of using the moving walkways.
6. Scrub your floors on your hands and knees.
7. Walk around the playing field during your child's soccer or ball practice.
8. Do leg lifts while sitting at your computer.
9. Gently squeeze a tennis ball to strengthen your grip while sitting at your desk.
10. Park as far away from the building entrance as possible when you go to the office, run errands, or go shopping.

What's 30 Minutes?

According to the U.S. Census Bureau, Americans spend nearly 10 hours a day using different media forms. On the average they spend 4 ½ hours watching television, 2 ½ hours listening to the radio and another half hour listening to music. The other 2 ½ hours is divided between computers, playing video games, and reading newspapers, magazines and books. Out of this 10 hours it seems likely that they could find

COMMUNITY REHAB

PHYSICAL THERAPY & SPORTS MEDICINE

Keeping Trick-or-Treaters Safe



Here are some general tips for parents of trick-or-treaters:

- Make sure no parts of the costumes drag on the ground
- Have children wear face paint instead of masks
- Tell your children to walk not run, stay on sidewalks, and cross streets only at intersections
- Never go inside a house and only go to homes with outside lights on
- Go with young children and older children should travel in groups

OrthoSource, Inc.

“Your Source for Orthopedic
&
Sports Medicine Supplies”

OrthoSource, Inc. is a durable medical equipment company that carries a variety of products as a number of locations. Our products range from ankle braces, knee braces, back supports, slings, walkers and everything in between. We carry a variety of brands of braces that also include pediatric sizes. We pride ourselves on customer service. When a patient receives a product from OrthoSource, they are properly educated on the brace, the application, and the care of the product. The patient is always fit by a healthcare professional, Physical Therapist, Physical Therapist Assistant, or a Certified Athletic Trainer.

Patients and providers always seem to have those dreaded insurance concerns. At OrthoSource, we submit the patient's insurance for them.

We are in network with all of the major insurance companies. Patients are also able to purchase items on a cash basis, if they so choose.

Patients can find the OrthoSource Inc. main office at 144th and “F” St. in Omaha or at any of the nine Community Rehab Physical Therapy locations. If you have any questions, don't hesitate to call our main office at (402) 408-0777.

Healthy Recipe of the Month



Pumpkin Bread Pudding

Makes 15 servings

2 cups skim milk 1 large carrot, grated
1 cup honey 16 oz. can pumpkin
1/3 c. dates, soaked in water chopped
1/2 tsp ginger 1 1/2 tsp cinnamon
2 egg whites, slightly beaten
2 tsp vanilla 1/2 loaf French bread
2 T. frozen yogurt, thawed per serving
1 tsp pourable fruit
Sliced fruit for garnish

Preheat oven to 350 degrees. Mix together milk, honey, pumpkin, spices, egg whites, vanilla, dates, and grated carrot. Cube the bread and place in a 9X 13 inch pan spray with cooking spray. Pour liquid mixture over bread cubes. Cover pan with foil and bake for 35 minutes. Remove foil and bake an additional 10 minutes or until browned on top. Cut into 15 squares. To serve, place a square on a plate or in a sundae glass. Spoon on 2 T frozen yogurt as sauce. Garnish with fruit and drizzle with 1 tsp all fruit syrup.

154 calories; 0 grams fat

Pamela Smith's Eat Well, Live Well