



COMMUNITY REHAB

PHYSICAL THERAPY

"The Power of Positive Healing"

www.communityrefabpt.com



Omaha Voted Community Rehab Physical Therapy as the Best in Omaha

Community Rehab was voted Best Physical Therapy Clinic in the Omaha Area. Listings are online at www.bestofomaha.com or in Omaha's Magazine. (Page 52)

Nagging Pain...Tightness...

Have you ever had one of those pains that just won't go away and is irritating and sometimes hinders your daily activities? Ever thought about asking a physical therapist for help? Physical therapy can help with a number of nagging pain problems & pain caused by instability or improper body mechanics. For example, plantar facitis is a common treatable problem that causes pain in the foot particularly the heel and especially noticeable in the morning when waking up and taking your first steps of the day. It is treatable with anti-inflammatory modalities or specific taping of the foot as well as

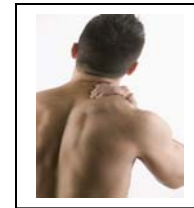


stretching and strengthening exercise program to keep the pain from returning. Any of

the therapists at Community Rehab can develop a program to help. General tightness is another common problem that the Therapists at

Community Rehab can help with.

Most common areas of tightness are the legs, back and neck, all of which can cause discomfort and pain. The therapists can make an adaptive stretching and stabilizing program for your specific needs and tightness. Stretching before and after an activity is very important and the therapist can show and assist you in the best stretches for your unique needs. The idea is to stay active and be pain-free "Remember exercise is the one thing you do just for you!"



Each Community Rehab facility is staffed with knowledgeable helpful therapists ready to assist and help you in anyway possible. Another important thing to remember is insurance covers most all physical therapy services.

Mix it up

With New Years Resolutions and new goals in mind why not try something new, such as, a new fitness class, new exercise program, new exercise equipment, or get a friend to join you on your fitness endeavors. Remember to change it up so your body does not become adapted to the workout and you continually challenge yourself.



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11 Bites to Eating Healthy in 2010

Breakfast:



- use a nonstick skillet and cooking spray in place of butter/margarine to prepare eggs
- lighten your omelet or scrambled eggs by using egg whites

Lunch/Dinner:



- pick water packed tuna instead of oil packed
- select 6-8 inches taco shells instead of large burrito shells
- skim the fat off soups, stews, and sauces before serving



- use 1 TBS less of butter/margarine for recipes
- eat slowly to make your meal last to reduce your urge for second helpings

Desserts:



- choose a piece of sheet cake from the middle where there is less icing
- substitute half the oil in a recipe with applesauce when baking

Beverage:



- pay attention to serving sizes, some cans and bottles contain 2 or more servings
- drink water or diet tea instead of soda

Recipe

Creamy Red Pepper Soup

Cook time: 45 min makes 8 Servings



--2 TBS olive oil, 2 onions chopped, 2 carrots peeled and chopped, 3 garlic cloves chopped, 2 tsp chopped thyme

leaves, 6 cups chicken broth, 2 (12oz) jars roasted red bell peppers –preserved in water, drained, 1 russet potato, peeled and coarsely chopped, ½ cup dry white wine, 1 tsp sugar, Salt and pepper, & ½ cup mascarpone cheese

Heat oil in large pot over med-high heat. Add onions, carrots, garlic, & thyme and sauté until onions are translucent (about 5min). Add broth, bell peppers, potato, wine, sugar. Bring to a simmer over high heat. Decrease heat to med-low. Partially cover and simmer until potatoes are tender stir occasionally, about 30 min. Cool slightly. Carefully pour into blender or use a hand mixer to puree the soup until its smooth. Add salt and pepper to taste. Heat and serve with a dollop of mascarpone cheese in the center of each bowl.