



COMMUNITY REHAB PHYSICAL THERAPY

“The Power of Positive Healing”

www.communityrehabpt.com

Wellness Newsletter

May/June/July/August 2010

Community Rehab Sportsmetrics Program!

Did you know that 70% of all knee injuries occur during non-contact situations, such as landing or twisting! Also, female athletes are 2-10 times more likely to sustain a non-contact knee injury than male athletes!

What can you do? Participate in Community Rehab’s Sportsmetrics Jump Training and Injury Prevention program

When? June 21st -July 30th Monday, Wednesday, Thursday 7-9:00am

Where? Elkhorn Hills United Methodist Church 20227 Veterans Drive.

What is it? Sportesmetrics is a 6 week jump training program that combines plyometrics, strength training, and flexibility. This program has been scientifically proven to reduce the risk of knee injury, increase jump power and improve leg strength for sports that involve pivoting, cutting and/or jumping. For more information please call one of our clinics or download the registration from at www.communityrehabpt.com



Looking for Relief?

If you or someone you know is experiencing pain and discomfort, we can help! Our goal at Community Rehab Physical Therapy is to keep you active and independent in all your daily and recreational activities. Our Physical Therapists at Community Rehab will provide various treatment including manual therapy, exercise, and education. Flexibility, teamwork, communication and customer service are cornerstones that give Community Rehab Physical Therapy that unique ability to go beyond expectations. If you are interested in learning more about the services and programs offered at Community Rehab Physical Therapy, please contact one of our 10 locations or visit our website. With our skilled, knowledgeable, and caring staff, *“In Life, on the Job, or in the Game, Our Goal is Still the Same.”*

Heart Health

The heart, known as the Powerhouse, pumps 2,000 gallons of blood through the circulatory system each day by expanding and contracting 100,000 times. It is the most resilient organ, but it



does need help. Each person needs to know their risk factors for developing heart disease and what they can do about them. You can not control age or family history but there are other risks that you can control. Improve your heart health with these tips:

- **Quit Smoking**- commit to it! Make a plan and seek support.
- **Control your blood pressure**-take medication if prescribed and have your pressure checked.
- **Control your weight**- being 20% overweight doubles the risk for heart disease.
- **Put exercise on your to-do list**- 30 min. daily can lower the risk of heart disease.
- **Eat Healthy**-eat fewer foods containing trans fats and more fruits and vegetables.
- **Fight Stress**- find ways to relax and learn to say “no” to stressful situations.
- **Folate**- eat veggies, fish and beans. They contain folate which lowers homocystein, a risk factor.
- **Get Stated**- thinking about it and doing it are two different things. Seriously set goals and do something about them. Now is the best time to start preventing heart disease.

Hip-Hip Hurray Drink Calories
Away!



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Americans get 1/5th of their daily calories (cal) from beverages. Here is some helpful information on many popular drinks:

Soda: ☹️ Carbonated soft drinks are the largest source of cals. *By switching to diet soda you can cut cals.*

Water: 😊 replacing soda with water cuts hundreds of cal/day. *Drinking 2 glasses of water before a meal makes you feel fuller causing you to eat less.*

Fruit Juice: 😊☹️ the jury is out on this one. Fruit juice can have as much cal that soda but offers more nutrients. *Look for 100% fruit juice or try drinking water with a splash of juice added.*

Vegetable Juice: 😊 Is as nutritious as fruit juice with 1/2 the cal (12 oz tomato juice has 80 cal./OJ has 160 cal). *The pulp in vegetable juice is higher in fiber and can help control hunger.*

Black Coffee: 😊 coffee is cal-free, and rich in antioxidants. 3-4 cups a day may improve mood and concentration, as well as reduce the risk of type-2 diabetes. *You can add skim milk or artificial sweeteners in small amounts.*

Green Tea: 😊 Need another choice for caffeine, give this cal free antioxidant rich drink a try. *Helps with weight loss!*

Cocktails: ☹️ A shot of liquor has the fewest cal alcoholic beverages wise but mixed with soda makes this drink high in cal. *A less fattening option use diet soda and order vodka or rum.*

Beer: ☹️ Ok we all know we can't drink beer and loose weight but if you are out and it sounds too good to pass up, light beer is the best way to go.

Sunburn Prevention!

Summer sun and fun go together! Keep these sunburn prevention tips in mind:

- ✓ Stay out of the midday sun (10am-4pm)
- ✓ DO NOT use tanning beds
- ✓ Wear sunscreen of at least SPF 30-look for broad spectrum sunscreen (blocks UVA/UVB rays)
- ✓ Cover all skin exposed to the sun
- ✓ Reapply sunscreen every 2-3 hours especially if in water or sweating
- ✓ Use lip balm with sunscreen for lips.



Walking Without Pain

Walking is one of the most low impact exercises a person can do, but each year nearly 250,000 people hobble due to walking induced pain or exercise injuries. Even worse, most people stop walking and exercising creating weight gain and loss of muscle. Review these hints before starting a walking



routine:

- Wear comfortable and supportive tennis shoes (orthotics or proper insoles may be beneficial)
- Light stretching before walking
- Walk on softer surfaces
- Stride it out: remember opposite arm swings with opposite leg
- Walk at a good steady pace
- Stop walking if at any time painful and consult with a doctor/physician

Ultimate Trail Mix

1c dried cranberries, 1c dried apple pieces
1c peanuts, 1c cashews, 1c almonds
1c marshmallows, 1c chocolate chips, 1c butterscotch chips, 1c white chocolate chips. Mix all ingredients together in a large bowl and Enjoy!