



## COMMUNITY REHAB PHYSICAL THERAPY

"The Power of Positive Healing"

[www.communityrehabpt.com](http://www.communityrehabpt.com)

### **WE'RE GROWING!!!**



Community Rehab has just opened its newest location! We now have nine convenient metro locations! Our new location is: 1408

Veterans Drive Elkhorn, NE. (Across from Elkhorn High School) We have also moved the Community Rehab Billing department and Community Home Health Office above the new clinic. So Stop by and see the new facility and meet the new staff!  
Phone: 402-289-3288

### **Questions a Physical Therapist Can Help You with**

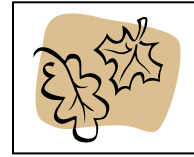
If you are thinking about having elective surgery (*meaning it is advised by a doctor to have surgery but you do not HAVE to undergo surgery*), stop and ask a Physical Therapist (PT) at Community Rehab a few questions.

- Ask a PT about a doctor that would fit your needs.
- Ask about any rehab you can be doing prior to surgery.
- Ask about the procedure that you are considering.
- Ask what to expect after surgery.
- What kind of pain to expect-if any.
- What will your limitations be.
- Ask what the rehab protocol will consist of.
- Ask any other questions or concerns you have about your surgery, rehab, and doctor.

Community Rehab Physical Therapists are knowledgeable and here to help you!

### **Safety Reminders for Shoveling or Raking This Season**

\***Proper technique:** stand hip width apart - hold shovel/rake close to body - space hands apart for leverage - bend at your knees not your back - tighten stomach muscles when lifting - avoid twisting when lifting - if throwing, step in the



direction you're throwing  
\*If you have heart conditions, back problems, or high

blood pressure check with your doctor before shoveling/raking leaves.

\*Take a 5-10 minute warm up (walk around the block) Do not shovel/rake right when you wake up.

\*Stretching is important as well (stretch the hamstrings especially they decrease the stress on the lower back.)

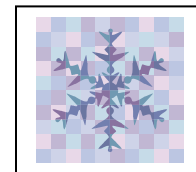
\*Use a light weight shovel/rake with a curved handle, and use a silicone lubricant if the snow is sticking to the shovel blade.

\* Try pushing snow instead of lifting it.

\*STOP if you feel any pain especially- any signs of a heart attack.

\*Wear loose clothing and layer clothes so it is easier to adjust body temperature.

\*Wear good supportive shoes or boots that keep your feet dry, warm, and prevent slipping.

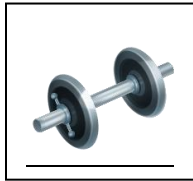




### **Your Health is a Priority**

With Thanksgiving around the corner and Christmas not far behind it's easy to forget about your exercise routine/health and focus on getting things ready for the holidays, but did you know that the average American gains 5-10 pounds from Thanksgiving to New Years. The

holidays are a stressful time and exercise is the best way to deal with the stress. A couple of key things to keep you on track are:



- Stay active! Instead of elevators use the stairs. Park a little farther away and walk. If you are healthy and able rake leaves or shovel the sidewalk.
- Don't let the weather get you down. Instead look into different places to exercise; malls and hospitals offer walking times and programs, **Community Rehab** clinics offer affordable and convenient exercise programs, not to mention friendly staff to help you if you have questions or problems.
- The holidays are a time for friends and family, exercise is a good way to spend time with them. Studies have shown that exercising with someone holds a person more accountable and they are more apt to enjoy it. So ask your friends and family to join you, what better way to show you care than caring for their health.

- Plan ahead as much as you can if you are traveling. It becomes harder but here is a website that lists some great workout ideas for the busy holiday season;

<http://exercise.about.com/od/weightloss/a/holidayexercise.htm>

### **Recipe**

**Honey-Glazed Sweet Potatoes**  
(Healthy for Thanksgiving)

*Yields: 8 servings*

1/4 Cup water  
2 Tbs. Brown Sugar  
2 Tbs. Honey  
1 Tbs. Olive Oil  
2 lbs. Sweet Potatoes (about 4 lg. potatoes)

Oven at 375° F.

Spray baking dish w/ nonstick spray. Combine water, brown sugar, honey, and olive oil, in a sm. Dish for the sauce. Peel and cut the sweet potatoes into wedges. Place as single layer in baking dish. Pour sauce over potatoes. Cover and bake for 45 minutes (or until tender) turning the sweet potatoes once or twice to continually coat them. When tender remove cover and continue to bake until glaze sets (about 15 minutes)- And Serve!

*Nutrition:*

Calories: 165  
Fat: 2 g  
Cholesterol: 0  
Sodium: 12 mg  
Protein: 2 g  
Carbohydrates: 35 g