

TIP OF THE MONTH



Avoid Winter Injuries with a Strong Core

The temperature is dropping and football stadiums are filling up. It's finally time to prepare your home for winter! That means lifting heavy boxes, winterizing spare vehicles and mowers and adding all sorts of

torque to your body. So, how can you prevent injury during all of this change? The answer is simple, but layered. It's all about core strength!

Picture a simple lever. The strongest point on the lever is the point in the middle, where it is stabilized. If you were to push down on one end, it will raise the other side. This will take very little effort with little or no weight on the end. However, as you get closer to the center, it takes far more effort to raise the other side. Your body is made up of many of these levers. As an example, your shoulder uses a host of muscles to lift your arm in front of you like a simple lever. Each muscle applies its force at a point close to the center of your body to lift your arm as it extends out in front of you. If you add a weight to that, like a gallon of milk, it becomes increasingly more difficult to lift your arm. This causes an increase in the amount of force you need to lift your arm, and if your body is not prepared for the weight or exertion you are adding, an injury can occur.

So how do you make your body less prone to injury? You add strength to muscles that are weak. This can be done through a core strengthening exercise program. Once the core is strong, you can add in functional tasks to keep it strong, giving you the ability to use it in a normal environment. That is what we really want anyway isn't it? To be able to lift heavy boxes in the garage or carry groceries into the house with ease. There are many ways to **strengthen core muscles**. Our well-educated physical therapist can help you with creating a program that fits your needs and strength levels. If you need help developing a core strengthening program, stop on by or give us a call. We would love to help!



Featured Article: [Ladder Safety](#)

Call today to ask us how we can help you get back to enjoying the activities that are important to you!



“Kindness is like snow. It beautifies everything it covers.”

— Kahlil Gibran (writer, poet)

TELL A FRIEND

The greatest compliment we can receive is for our patients to tell their friends and family about their positive experience with us. If you know someone who is experiencing pain or limitations and you believe they could benefit from therapy, please tell them about us.

We will ensure that they will receive great care and have a positive therapy experience with us!

A RECIPE FOR YOU

Italian Artichoke-Green Bean Casserole:



This holiday season, we want to give you a healthier twist on a classic. We found this recipe at www.tasteofhome.com and love it. If you like artichokes, this one is for you!

INGREDIENTS

- 6 cups cut fresh green beans
- 1/3 cup olive oil
- 1 yellow onion chopped
- 6 garlic cloves minced
- 3 - 14oz cans quartered artichoke hearts (not marinated)
- 1/2 cup minced fresh parsley
- 1 cup of Italian seasoned bread crumbs
- 1 cup grated parmesan cheese

DIRECTIONS

1. Preheat the oven to 350°.
2. Boil the fresh green beans until crisp-tender (3-4 minutes) and drain
3. While the green beans cook, combine 3/4 cup parmesan into the breadcrumbs and set aside
4. In a stockpot, add your olive oil and sauté the onion until translucent, but not brown
5. Add your garlic and stir until fragrant (30 seconds)
6. Stir in the green beans, artichoke hearts, and parsley. Add the bread crumb mixture until evenly coated
7. Transfer to a baking dish, sprinkle the remaining cheese on top and bake until browned, about 25 minutes