



TIP OF THE MONTH

Our Top 3 Physical Rehabilitation Goals for 2020

Happy New Year and welcome to 2020! It feels great to be back in the roaring '20s. In the spirit of the new year, we thought it would be fun to

have rehab related goals. I mean, after all, we're here to help people get back to their best shape. Let's jump right in!

Goal 1: Do your Home Exercise Program (HEP). When patients walk in for rehabilitation, one of the things we give them is a home exercise program. We do this for several reasons including:

- Progressing through the rehab process
- Increasing mobility and endurance levels
- Maintenance after completion of rehab

Goal 2: If you have a question, ask! When you come in for rehabilitation, we want you to be informed and educated about your condition. We love having patients engaged and knowledgeable about their recovery. **Common questions** that we get from our patients include:

- When should I expect to see results?
- Will I be sore after my visit?
- How does this exercise help my condition?

Goal 3: Ask about a fall risk assessment. Falls among seniors are common. According to the CDC, one in every three adults over the age of 65 falls each year. Don't risk a fall in the home or at work. If you are at risk of a fall, our prevention program can help you:

- Increase independence with activities of daily living
- Improve strength and flexibility
- Decrease the risk of falls

We wish you and yours a healthy and happy 2020. If you experience an injury or pain, please don't hesitate to call us. We want to help make 2020 pain-free!

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

• • • • •

"It always seems impossible until it is done."

— Nelson Mandela

TELL A FRIEND

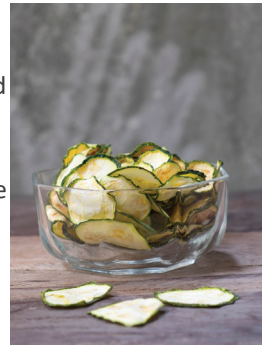
The greatest compliment we can receive is for our patients to tell their friends and family about their positive experience with us. If you know someone who is experiencing pain or limitations and you believe they could benefit from therapy, please tell them about us.

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

A RECIPE FOR YOU

Cool Ranch Zucchini Chips:

We found this recipe online and loved it. These were so good raw they almost didn't make it to the oven! The original recipe was published by THEFFED FOOD can be found here <http://bit.ly/2RX4k5R>



INGREDIENTS

- 2 zucchini, sliced thinly
- 1 tbsp. extra-virgin olive oil
- 1 tbsp. ranch seasoning
- 1 tsp. dried oregano
- Salt and pepper to taste

DIRECTIONS

1. Preheat the oven to 225° and grease a baking sheet well with oil (or they will stick)
2. Slice the zucchini into thin rounds, pat them dry with a towel and throw them in a bowl
3. Add the rest of the seasoning, mix thoroughly and place the rounds onto the baking sheet (one layer only)
4. Bake for about an hour and 20 minutes checking periodically to see if they are crispy
5. Let cool and enjoy!



Featured Article: [Cold Weather Exercise Tips](#)