



TIP OF THE MONTH

Trade Secrets for a Pain Free Holiday Season

The holidays are fast-approaching and if you've volunteered to have some holiday fun at your house this year, there is a LOT to do before you have all your friends and loved ones over. You need to haul out those boxes of holiday decorations, make sure your yard looks neat, get those lights up around the house...and the list goes on! All that lifting, bending, and decorating can wreak havoc on your body if you're not too careful. Here are some ways to have everything ready and stay injury-free over the holidays.

If you'll be laboring over a hot oven and/or lifting that huge ham or turkey, make sure you:

- Use a wide, balanced stance with one foot in front of the other. Have firm footing, and that your feet are a shoulder-width apart.
- Remember to [bend your knees and lift with your legs](#) - not your back

When raking those fall leaves in the yard:

- Avoid repetitive twisting and turning that can injure your spine and use a "scissors stance" instead.
- Change sides frequently to avoiding overusing one side of your body and don't forget to take breaks in between
- Follow our [raking injury prevention tips](#)

Using a ladder to put up lights can be tricky! Keep these things in mind:

- When the ladder is set-up for use, it should be placed on firm level ground, without any slippery conditions present at the base or the top of the ladder.
- If someone else is home with you – ask them to hold the bottom of the ladder steady.
- Ladders should not be placed in front of closed doors that can open toward the ladder. The door should be blocked open, locked, or guarded.
- Follow our [ladder safety guidelines](#)

Don't forget to ask your friends or family for help to lighten your load this holiday season. If you're already experiencing pain or have not had the time to address a reoccurring injury, now is the perfect time to reach out to us beat the holiday rush this year.



CAN KNEE PAIN CAUSE LOW BACK PAIN?



Featured Article: [Can Knee Pain Cause Low Back Pain?](#)

Living with Knee Osteoarthritis pain for an extended period typically causes changes in how a patient walks in an attempt to relieve pain. Sometimes this is even done subconsciously, but it can lead to additional problems, such as low back pain (LBP) ...[more](#)

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



“Never put off for tomorrow what you can do today.”

— Thomas Jefferson

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

Wild Rice Stuffed Mini Pumpkins

This recipe from Whole Foods is delicious! You can find the original recipe at



<https://bit.ly/WFRiceStuffedPumpkin>

INGREDIENTS:

- 1/2 cup uncooked wild rice
- 4 mini pumpkins
- Juice of 1 orange
- 2 teaspoons honey
- 1/4 teaspoon ground black pepper
- 1/4 cup dried cranberries
- 2 tablespoons chopped pecans
- 1 teaspoon orange zest
- 1 teaspoon chopped fresh mint
- 1/2 teaspoon fine sea salt

DIRECTIONS:

1. Preheat the oven to 375°
2. Add the wild rice into a saucepan and cover under an inch of water
3. Boil and then simmer until the grain pops - around 35 minutes
4. Drain rinse and set to the side
5. Cut off the lids and scoop out the insides of the pumpkins
6. Bake upside down in a 1/3 inch of water for 15 minutes
7. Turn upright and continue to bake until tender
8. Mix the OJ and honey together and pour into the rice
9. Add the rest of your ingredients to your rice mixture
10. Pour into your pumpkins and enjoy!