



TIP OF THE MONTH

Keeping Families Active This Summer

Summer break is nearly here, and we can't wait to share our ideas on how to keep families away from screens and make memories together. We understand the allure of digital devices can be challenging to resist; but don't worry, we have a few ideas to create an active summer for your family.

If you are experiencing symptoms of carpal tunnel don't wait and expect it to go away on its own. Carpal Tunnel Syndrome is for the most part due to overuse. We're going to take a quick look at things you can do at home for immediate relief, as well as long-term fixes that will help your wrist heal.

Stepping Outdoors:

Use the warm weather to your advantage for outdoor adventures like [family hikes](#), [bike rides](#), picnics, and pool days. Here are a few of our favorites!

- **Create a Summer Activity Bucket List:** Compile a list of exciting activities for the summer. These could include a trip to a water park, a camping adventure, or trying a new sport. This list will serve as a roadmap to fun-filled experiences and maintain enthusiasm throughout the summer.
- **Discover Local Parks and Nature Trails:** Explore the hidden gems in our local parks and nature trails. Take advantage of their playgrounds, fitness structures, and open spaces. Visiting new spots each week can keep the adventures fresh and fun.
- **Group sports or fitness activities:** Encourage teamwork and physical activity by setting a routine for regular family exercise sessions. This could be a hike, a backyard soccer game, or a fitness class. Keep an eye out for community events or sports leagues for families to get to know your neighbors!

Creative Fun:

Encouraging creative activities can keep your family entertained and stimulate their imagination. Here are a few ideas:

- **Arts and Crafts:** Set up an art space with various materials. Encourage your kids to express themselves through drawing, painting, or collages. This nurtures their creativity and self-esteem while developing their motor skills. You can also take a pottery class together as a family.
- **Have a Bake-Off:** Have a friendly cooking or baking competition where each family member prepares a dish or dessert. You can choose a theme, like international cuisine or desserts with a specific ingredient.

Cater to your children's interests and age group and watch the summer fun unfold! Promoting a healthy lifestyle and enhancing overall well-being is what physical therapy is all about. If you or one of your family members suffers from an injury or pain, rest assured, we are here to help!

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



“A kind gesture can reach a wound that only compassion can heal.”

— Steve Maraboli

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

Immunity Broth

Our friend Isabella created this broth and uses this little, but mighty, concoction to carry her through flus, colds and other ailments. Give it a try!



INGREDIENTS:

- 4 cups chicken bone broth
- 1 inch piece fresh ginger
- 1 tsp turmeric
- 3 whole star anise
- 1 T lemongrass
- 1 quarter lemon

Have a Sweet Tooth?

- 1.5 T honey
- 2 cinnamon sticks

Prefer Spicy?

- 1/2 tsp cayenne pepper

DIRECTIONS:

1. Place chicken bone broth, fresh ginger, star anise, lemongrass, turmeric, cinnamon sticks, and lemon slice in a pot and bring to a simmer. (Try to avoid a full boil as this affects the vitamins' potency.)
2. Strain the broth of solid ingredients.
3. Add honey or cayenne pepper according to desired taste.
4. Drink warm or cold. Be sure to stir before consuming as there can be sediment.

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