



TIP OF THE MONTH

Are You Getting Enough Sleep?

Did you know that depending upon your age, you may need [up to 10 or 11 hours of sleep](#) per night. If you're struggling to fall or stay asleep as you adjust back to a school/work schedule, we have some tips to help make things easier.

Tips for Falling Asleep

- [Add exercise](#) to your daily routine
- Avoid large, unhealthy meals before bed
- Avoid caffeine later in the day
- Keep the room dark
- Try to spend the 30 minutes before sleep device-free

If You're Having Trouble Staying Asleep

- [Try using one of these sleeping positions](#)
- Use earplugs or a white noise machine to drown out snoring and other noises
- If you are struggling and cannot sleep, [it's better to get out of bed and do a relaxing activity](#) while avoiding bright lights, screens, and snacks

Having a restful night of sleep is physically restorative and helps tissues to heal and grow. If you're struggling to get a good night's rest due to pain or injury, please let us know, and we can show you how to position yourself for the best sleep possible.



HOW TO RECOGNIZE THE SIGNS OF A CONCUSSION



Featured Article:

[How to Recognize the Signs of a Concussion.](#)

Sometimes accidents happen. Whether you are a pro or novice athlete on the field or just your average human navigating earth. Concussions can and do happen to anyone; small children that have had an injury at the playground, drivers in car accidents, and the elderly who have experienced a fall, are all potentially at risk for concussions. It's important to be able to recognize the signs of a concussion and take proper action.

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

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"Letting your mind play is the best way to solve problems."

— Bill Watterson

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

Potato Salad

The best time for a cold side dish is when it's hot outside! This is a slightly healthier version of a classic favorite.



INGREDIENTS:

- 2 pounds of cubed Yukon Gold Potatoes
- 2 large celery sticks
- Half cup pickles
- Half cup plain Greek yogurt
- Half cup of mayo
- 1T yellow mustard
- 1T whole grain mustard
- Half cup chopped green onions
- 3 hard-boiled eggs, peeled and chopped up
- 1T dill
- 1/4 tsp paprika
- Salt and pepper to taste

DIRECTIONS:

1. Boil the potatoes until soft, drain, and leave to cool in a large bowl
2. Put the celery and Pickles into a food processor and pulse until finely chopped
3. In a medium bowl, mix your wet ingredients until combined and pour over the potatoes until covered
4. Add all other ingredients to the potatoes and gently stir until evenly spread throughout
5. Refrigerate and serve cold