



# HEALTH IN BALANCE PHYSICAL THERAPY

**Summer  
Newsletter  
August 2011**

## Half way through 2011..... So what's been going on at Health In Balance?

If you haven't been in for a while, congratulations on staying healthy and taking care of yourself! We miss you, but are happy that you are doing well. In case you have missed us too, here's a short update on what's been going on with all of us at Health In Balance!

### What has Kaite been up to...



In June, I competed in my second Olympic distance triathlon in Pleasant Prairie and achieved the goal I set for my finishing time.

When I am in the middle of a race sometimes I think

"I never want to do this again," but when I finish I forget about my physical exhaustion and see all the ways I can do better next time which is what motivates me to go back for more!

Then in July...Road trip!!! My family and I spent 20 glorious hours in the car together driving out to Colorado this summer. On the way out we took a side trip to Mt Rushmore and Wall Drug. This was a first time for everyone and it was an awesome stop. A week in Colorado followed, and was filled with much outdoor adventure. We had an absolutely wonderful time together!

Then all of a sudden it's August...and school is right around the corner! Olivia will be starting third grade, Will will be in 5K and Julia..well, she just turned 2 and doesn't listen to anyone so she's not allowed in school! Time flies!

### What has Andrea been up to...

In June, my family and I went on a road trip to visit family in Virginia. My kids got to see the ocean for the first time, and we had a great time on the beach. It was nice to spend time with my cousin and her family. Virginia is beautiful, but hot!



July was fun and filled with many weekends of activities. We had a family reunion, went to Brewer games, weddings, swimming outings, and of course

the 4th of July festivities. We spent a lot of time with friends and family.

August has been busy so far with my husband playing in a soccer tournament in Iowa. Our weekends for the rest of the summer are full and we can't believe that school will be starting soon. Ryan will be in 5K at Mequon Montessori, and is very excited to see her friends again. Camryn is learning a lot from her big sister- sometimes, I think, too much!

### What has Colleen been up to...

The end of May, my family and I took a road trip to Florida and stayed on the beach for a week. We enjoyed many hours in the water and enjoyed seeing my husband, Jeff's, family at a wedding. We returned home to our new dog, a 10 month old terrier/pit bull mix named Cooper. He is very sweet and loved by the kids, especially Delaney!



June and July were filled with weekend trips to our camper where we hike, golf, jog, water-ski, tube, and swim a lot. During

the week, we are enjoying the new Wauwatosa swimming pool. Sydney and Wesley are really enjoying the diving board and water slide! Delaney loves going down the small slide and being very adventurous in the water! Between the lake and pool, we all have had a wet summer!

We still plan to go to Minnesota and visit my family and have them visit us for my favorite festival, Irish Fest. Before we know it, the kids will be back to school. Sydney, 7 will be starting 2nd grade, Wesley, 5, will be in K5, and Delaney (18 months) will be enjoying more time alone with mom and dad!

### What has Maria been up to...

June was pretty laid back with swimming lessons for the kids and ballet for my 4 year old daughter, Rachel. My youngest daughter, Samantha, is becoming more and more of a 'big girl' and wants to do everything that her older siblings do. She will be turning 2 in September and her favorite phrases are "I do" "I ready" whenever she sees my husband and I getting ready to go for a run, and of course screaming when things don't go her way. Carter and Rachel have so much fun playing

together and it's fun just watching the kids for those few moments they are all getting along.

In July, we headed to Madison for some day trips with the kids and a few without the kids. We hit the farmer's market and the Memorial Union Terrace, one of our favorite spots. We recently celebrated my son's 6th birthday with a trip to Blue Harbor Resort and enjoyed some water park fun.



For the month of August, we plan to enjoy our time at

home, soak up the sun as much as possible at the splash park next door to our house and savor what's left of the summer until school starts the 1st of September. Carter will be starting Kindergarten; Rachel and Samantha will be going to daycare, where they will get to play with their friends that they've missed all summer.

### What has Carol been up to...

Our Summer is all about the "baby" and while we wait for our first granddaughter (they assure me it is a girl) to be born we have enjoyed the outdoors riding bikes, the Harley and boating. We met our friends at Leech Lake in Northern Minnesota for a week of fun in the sun.

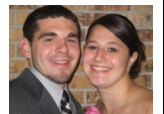


Summer wouldn't be complete unless we take in at least one triathlon, we will be traveling to Madison to watch our daughter compete in Ironman Wisconsin.

### What has Joni been up to...

In the month of June I spent as much time as possible at my parents cottage in Pelican Lake, WI. My husband, Aaron, and I spent time enjoying the sun and fishing with my family.

July was an exciting month for us as we celebrated our one year wedding anniversary. We went back to Elkhart Lake and enjoyed time on the lake where we got married.



August started off a little stressful as a tree fell on our car in a wicked storm that rolled through northern Wisconsin. We hope to finish the month enjoying the weather, and spending time with family and friends.

# SUMMER NEWSLETTER 2011

## Quinoa Salad

### Ingredients:

1 cup Quinoa prepared to package directions  
1 Celery Stalk  
2 Green Onions  
1 Red Pepper  
1/4 cup chopped basil or parsley  
1/4 cup Sundried Tomatoes  
1/4 cup nuts chopped (your choice)  
1/4 cup Feta Cheese crumbled  
3 TBSP Olive Oil  
2 TBSP Red Wine Vinegar  
Salt and Pepper to taste  
1 TBSP Honey

Prepare quinoa according to package. Dice celery, green onions, red pepper, sundried tomatoes, nuts and garnish. Mix in feta cheese.

For Dressing: Combine olive oil, red wine vinegar, salt and pepper, honey. Mix all together and mix into salad.



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## Back Packs and Your Spine

Back pain, soft tissue injuries and postural malalignment occur when carrying backpack loads beyond 10-15% of the child's weight. A backpack with a load that is too heavy causes muscles and soft tissue to work harder, leading to strain and fatigue. This leaves the neck, shoulders and back more vulnerable to injury.

### Tips For Use:

- **Wear Both Straps**  
Use of one strap causes one side of the body to bear the weight of the backpack. This is true even with one-strap back packs that cross the body. By wearing two shoulder straps, the weight of the backpack is better distributed, a more symmetrical posture is promoted.
- **Wear the Backpack Over Mid Back**  
The size of the backpack should match the size of the child. It is also important to pay close attention to the way the backpack is positioned on the back. The backpack should rest evenly

in the middle of the back. Shoulder straps should be adjusted to allow the child to put on and take off the back pack without difficulty and permit free movement of the arms. Make sure that the



straps are not too loose and that the backpack does not extend below the low back.

- **Lighten the Load**  
Choose to carry only items that are required for the day. Each night remove articles that can be left at home. When organizing the contents of the backpack, place the heaviest items closest to the back to reduce kinetic forces that cause postural malalignment and overworked muscles.

### Warning signs that your backpack is not fit appropriately:

- Red marks on neck, back and shoulders.
- Change in posture when wearing the backpack.
- Struggling when putting on or taking off the backpack.

- Pain when wearing the backpack.
- Tingling or numbness in the arms and hands.

### Features to keep in mind when purchasing a backpack

- Padded back reduces pressure on the back, shoulders and underarm regions, and enhances comfort.
- Hip and Chest Belts transfer some of the back pack weight from the back and shoulders to the hips, pelvis and torso.
- Compression Straps on the sides and bottom compress contents and stabilize materials.
- Multiple compartments better distribute the weight in the backpack.



## Get in Shape for Fall Sports

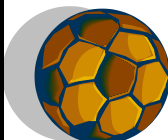
Do you want to be a star athlete?

Do you want to get through your season injury free?



Rather than waiting until it's too late, start early and get your body in optimal shape to perform at its best.

Health In Balance Physical Therapy offers fitness evaluations and sport specific exercise programs. A physical therapist will test your strength and flexibility and develop a program that is individualized to your specific needs. Call 262-236-0176 for more information.



**We appreciate your referrals! If you refer someone to Health In Balance Physical Therapy, you will receive a gift certificate for Movie Tickets. Returning patients will receive a gift certificate to Fiddleheads.**

# SUMMER NEWSLETTER 2011

## STATIONARY BIKE SELECTION

Are you thinking about purchasing a stationary bike for your home?

Here are a few things to consider:

- Go to multiple stores dressed to test ride many bikes. You should try a variety of brands and types to find the one that feels the most comfortable for you.
- Choose one with a variety of levels and programs so you can vary and progress your work-outs as you get stronger.
- Plan where you will put the bike in your house so you know the size options that are appropriate for your space. Upright bikes take up less space than recumbent bicycles.
- Know if you would like one that plugs into an outlet or has magnetic resistance.
- If you have back problems or balance difficulties, you may want to consider a recumbent bike. It allows you to bike in a seated position with back support and is easier to get on/off.



- Once you have tried bikes out, check online for product reviews. Consumer reports is always a good place to look!
- Call us if you have any questions!!!

## Like us on Facebook

Please like us, [Health In Balance Physical Therapy](#), on Facebook, to find out about upcoming events, get tips that may help you and your body, and be included in a discussion that we may have.

## Facebook Competition

Your name will be entered in a drawing if you “like us” on Facebook between September and October. If you have already “liked us” on Facebook please “like a post” during the month and you will be entered in the drawing as well.



## October is National Physical Therapy Month

To celebrate National Physical Therapy Month we are having a food drive! Drop off your canned goods or non perishable food items in the month of October. All goods collected during the month will be donated to Family Sharing in Cedarburg.

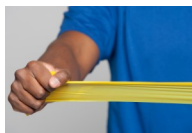


**CHALLENGE:** The National PT month focus is to promote sports injury prevention across the life span in order to raise awareness about physical activity. We are challenging 25 people to sign up to take part in a pedometer challenge. Check out our Facebook page or call the clinic to get more information and reserve your pedometer.

## Exercise at Health In Balance Physical Therapy.

Sign up today for a membership to exercise at Health In Balance! We want you to keep in shape and have a place to continue your exercises and stretches after you finish your treatment.

- \$30 per month
- Sign up for 6 months get 1 month free
- Sign up for 1 year and get 2 months free
- When you sign up you get a complimentary 15 minute screen with one of our therapists to tune up your exercise program.



**CONTEST:** We need your help....to name our exercise program at Health In Balance. Please submit your creative ideas and the winner will receive a month free membership.

## Core Exercise Class...is back!

- Please come and join us for 8 weeks of getting fit and having fun!
- Sessions will be one hour in length.
- When: Tuesdays beginning October 4
- Time: 4:30 P.M.
- Cost: \$80 (\$10 per class)
- Includes core, upper and lower body strength, balance and cardiovascular exercise.

