



HEALTH IN BALANCE PHYSICAL THERAPY

Winter Newsletter

January 2008

Happy Holidays

This time of year we, at Health In Balance Physical Therapy, reflect back on the past year. We are very thankful to all of our patients for their hard work and dedication to therapy and the healing process. We are happy to have had the opportunity to help many people have a better quality of life. We would like to thank each of you for your support in 2007 through referrals of friends and family. Please know that we are thinking about you and wishing you good health and happiness in 2008!

Thank you! Carol, Colleen, Jill and Kaite

Have you stopped exercising? Are you feeling like you have lost the gains you made in therapy? Would you like to advance your current program? If you are interested in resuming your exercise program, you can do so at our clinic for \$30 per month.

We will put your program in a folder, and you can come in during our clinic hours to exercise!



Keeping Your Low Back Healthy This Winter

Many people change their lifestyle during winter. We have to shovel and snow blow, we are packing away holiday decorations. Many people begin indoor projects and clean up around their house. People also tend to become more sedentary due to the cold, snowy weather. All of these activities can aggravate back conditions and cause pain.

There are many ways to protect your back from increased pain but still allow you to continue to be active. First, using correct body mechanics is important. Bending at your knees, keeping objects close to your body and avoiding twisting are important. For example, when you shovel, it is important not to lift and twist to throw the snow.

Rather, push the snow with your legs and bend at your knees when you need to lift the shovel. Next, trying to change activities or positions regularly can help decrease the chance of provoking symptoms. Try not to sit at the computer or in front of the TV for hours without moving. Do not decide to rearrange your whole house on one day or clean the basement all at once if it involves a lot of squatting, bending, lifting and carrying. If you are not used to these activities muscles may respond with increased tightness and strain leading to pain. Staying active is important. If you are afraid to go outside and walk in the winter, start walking at the mall or gym or walk in warm water at a health club.

Finally, do some light strengthening and flexibility exercises regularly to keep yourself active. If you do re-aggravate a chronic problem, try to ice every 20 minutes at a time for the first 48 hours. This helps to decrease the inflammation. Be smart and keep those backs healthy this winter!



Calling all discharged patients...

If you haven't been seen at Health In Balance in more than 6 months and would like to start the new year off with a PT "check up", give us a call. We are happy to see you for 30 minutes, with no charge to you, to make sure that you've kept up with your strength and flexibility since your injury and rehab. Call for an appointment!

WINTER NEWSLETTER

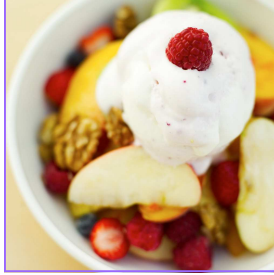
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We're on the Web!
www.healthinbalancept.com



Do you often skip breakfast because you do not have time to make something filling, healthy and fast? Here's a great recipe to solve that problem! We all know breakfast is very important, so enjoy!

Wake- Up Breakfast Bars

1/3 c. packed brown sugar
1/3 c. honey
1 1/2 c peanut butter
1/2 tsp cinnamon
5 c bran flakes
1 pkg (6oz) dried cranberries

Line 9x9 pan with wax paper, set aside. In a large saucepan, stir together brown sugar and honey. Bring to a boil, stirring constantly. Remove from heat. Stir in peanut butter and cinnamon until smooth. Stir in cereal and 1/2 of cranberries until coated. Pat mixture into pan, pressing firmly. Press remaining cranberries on top. Cover and chill until set or up to 24 hrs. To serve, cut into squares. Makes 12-16 squares.

Nutrition per square: 337 calories; 10 g protein; 45g carbs; 31 mg calcium; 6g fiber

Come Ride With Us

On Saturday, May 10, 2008, Health in Balance will be participating in the Mequon-Thiensville Bike Safety Day. There will be multiple bike rides that day and we would like to invite all past and present patients, their families and friends to join us for a bike ride. The rides will be a variety of distances and maps will be provided for the routes. It is a family friendly event so bring your kids and bike trailers. More details will follow in our spring newsletter. Please save the date and join us.



WOMEN'S STRENGTH TRAINING: COME WORKOUT WITH US!

DO YOU WANT TO IMPROVE YOUR PERFORMANCE AT YOUR NEXT RACE? DO YOU WISH YOUR ARMS WERE MORE FIRM? ARE YOU INTERESTED IN PREVENTING OSTEOPOROSIS? THIS WINTER WE ARE HAVING AN IN HOUSE SEMINAR FOR THE WOMEN'S GROUP MEETING. WE WILL HAVE AN INTERACTIVE AND EDUCATIONAL EVENING PRESENTING DIFFERENT KINDS OF STRENGTH TRAINING FOR WOMEN. THERE WILL BE A BRIEF SEMINAR ON THE IMPORTANCE OF STRENGTH TRAINING FOR WOMEN, HOW TO STRENGTH TRAIN PROPERLY AND HOW TO DECIDE WHICH TRAINING METHOD IS BEST BASED ON YOUR GOALS. WE WILL HAVE STATIONS TO TRY OUT DIFFERENT STRENGTH EXERCISES AND PROMISE IT WILL BE EDUCATIONAL, FUN AND MOTIVATING!

WHEN: WEDNESDAY, MARCH 5TH, 7:00 P.M.

WHO: WOMEN OF ANY AGE

COST: FREE

WHERE: HEALTH IN BALANCE PHYSICAL THERAPY

RSVP: 262-236-0176

BRING YOUR FRIENDS!

