



This issue includes:

A recipe for Super Squash!



Information about Massage Therapy



Explanations of **synovial joints** in the human body

○ Monthly Newsletter

○ June 2019

Brostrom *Physical Therapy*

Massage Therapy

Our therapists can perform a wide array of treatment techniques in physical therapy, and we are also proud to offer massage therapy services from Danielle Nelson—our Licensed Massage Therapist. Whether you desire a relaxing massage or deep tissue work, we can help! Here is a small taste of the types of massage therapy techniques Danielle can perform:



Trigger point therapy—A trigger point is a tight area within muscle tissue that causes pain in other parts of the body. A trigger point in the back, for example, may produce referral pain in the neck. The neck, now acting as a satellite trigger point, may then cause pain in the head. The pain may be sharp and intense or a dull ache. Trigger point massage therapy is specifically designed to alleviate the source of the pain through cycles of isolated pressure and release. During this massage, the recipient actively participates through deep breathing as well as identifying the exact location and intensity of the discomfort.



Deep tissue massage—During a deep tissue massage, emphasis is placed on getting through to deep muscle layers by applying pressure to specific problem areas. This relieves severe tension in the muscle and the connective tissue. Deep tissue massages may be beneficial if you are physically active, or if you have suffered a physical injury or surgery (knee/hip replacement).



Swedish massage—Swedish massages utilize long, flowing strokes, which is helpful in reducing pain and/or joint stiffness, as well as improving joint function. This type of massage is best for recipients who want a light, relaxing session (we can vary the intensity depending on your needs). A Swedish massage will help you recharge and leave you feeling refreshed.



Sports massage—Sports massage therapy is geared towards athletes of every kind, from faithful runners to elite professionals. The techniques and areas of treatment in this type of massage are unique to the athlete's sport of choice and corresponding areas that are overused or stressed from repetitive and/or aggressive movements.



Prenatal massage—As your body changes through pregnancy, a prenatal massage can help you relax and reduce levels of stress hormones in the body. The soft, light touch of this technique will help you appreciate how your body is adapting to bring new life into this world. It will also help to improve your joints, muscles, circulation, and help reduce tiredness and fatigue.

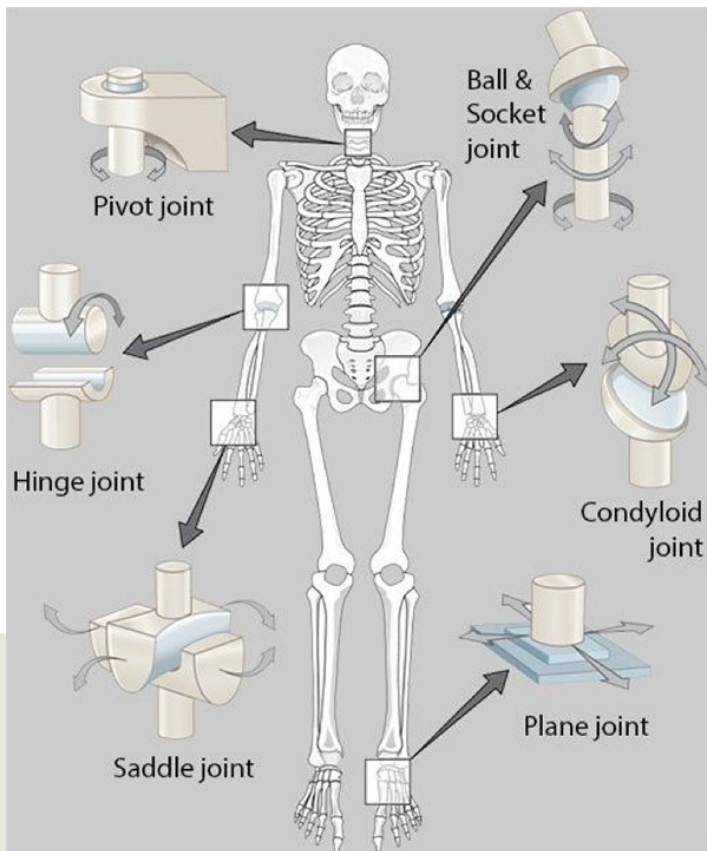
Quote of the Month:

*"Successful people are always looking for opportunities to help others.
Unsuccessful people are always asking, 'What's in it for me?'"*

- Brian Tracy



Synovial Joints in the Human Body



Pivot Joints:

Allow for rotational movement.

Hinge Joints:

Operate just like hinges on a door; they allow for a swinging motion.

Saddle Joints:

Similar to hinge joints but provide more range of motion.

Plane Joints:

Bones slide along beside one another. This allows for movement in many directions.

Condylloid Joints:

Allows for bending and straightening of the fingers and side-to-side movement (allows you to spread your fingers apart and bring them together).

Ball & Socket Joints:

This joint has the greatest range of motion and is considered to be multiaxial because it allows you to move left to right and front to back.

Recipe of the Month: *Super Squash*

INGREDIENTS:

- 1 tablespoons butter
- 3 pounds yellow squash, chopped
- 2 onions, chopped
- 1 cup shredded sharp Cheddar cheese
- 1 cup mayonnaise
- 3 eggs, beaten
- 12 saltine crackers, crushed
- 1 (1 ounce) package dry Ranch-style dressing mix
- 1 teaspoon salt
- 2 cups dry bread stuffing mix
- 1/2 cup melted butter

DIRECTIONS:

1. Heat the oven to 350 degrees F.
2. Melt 2 tablespoons butter in a large saucepan over medium-high heat. Cook squash and onions until tender. Remove from heat, and stir in Cheddar cheese, mayonnaise, eggs, and crackers. Season with Ranch dressing mix and salt.
3. Spread the squash mixture into a medium baking dish. Mix together stuffing and 1/2 cup melted butter, and sprinkle over the squash mixture.
4. Bake 20 to 30 minutes in the preheated oven, or until firm and lightly browned.



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