

Brostrom Physical Therapy

Healthy Summer/Fall Activity Tips

Contributed by the Therapists at Brostrom PT

For gardening:

- If you have arthritis, use tools that are easy to grasp.
- Research has proven that 2½ hours per week of moderate physical exercise can help relieve arthritis pain and stiffness.
- Listen to your body. Take occasional breaks and monitor your heart rate and physical discomfort.
- As always, stretching is important before any physical activity! Do multiple effective stretches to loosen and relax your muscles before you begin gardening.
- Practice correct posture. Stand or sit up straight while you work.
- Wear proper shoes that promote good posture.
- Consider a raised garden (such as window boxes) - raised gardens reduce the stress placed on the back.

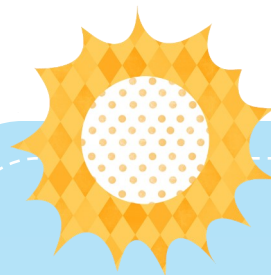
For running:

- Stretch and warm up!
- The following body placement procedures should be followed when running:
 - ◇ **Head:** Look forward to the horizon while you run. Keep your face and jaw relaxed.
 - ◇ **Shoulders:** Loose and relaxed!
 - ◇ **Hips:** Your hips will be in proper alignment if your torso and head are aligned.
 - ◇ **Legs:** For long and short distance running, keep your knees low. (Don't lift them high)
 - ◇ **Ankles:** Feel your calf muscles and ankles work as you push off on each step.
 - ◇ **Arms:** Cup your hands gently. Too much pressure can cause severe hand problems.

For biking:

- Position the handlebars correctly—one inch lower than the top of the seat. Cyclists who suffer from back or neck injuries may prefer upright handlebars.
- Change your hand and body position frequently. Changing your position frequently can eliminate the chance of stressing a particular muscle.
- Keep your arms relaxed and don't lock your elbows.
- Don't pedal in high gear for long periods. This causes increased pressure on the knees and overuse injuries. Shift to lower gears and faster revolutions to eliminate this problem.
- Monitor your heart rate and physical ability.

A special note: always consult a Physician before beginning an exercise routine!



Monthly Newsletter

August 2017

Quote of the Month:

"Everybody is a genius. But if you judge a fish by its ability to climb a tree it will live its whole life believing that it is stupid."

~ Albert Einstein

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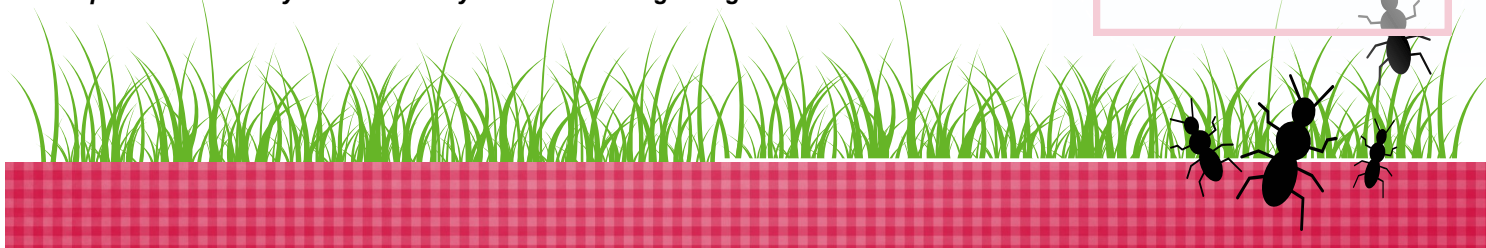
22180 Pontiac Trail, Suite E
South Lyon, MI 48178

Phone: (248) 446-0155

Website: brostrompt.com

Email: therapist@brostrompt.com

***"Hands-on
treatment you
need with the
care you
deserve."***



Signs of Dehydration:

- ◆ Dry mouth
- ◆ Thirstiness
- ◆ Lack of sweat
- ◆ Muscle cramps
- ◆ Nausea and vomiting
- ◆ Lightheadedness (especially when standing)
- ◆ Weakness
- ◆ Decreased urine output

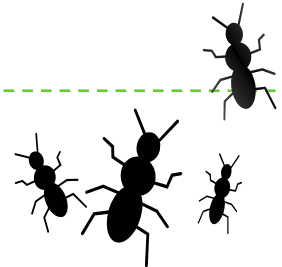


How to stay Hydrated:

- ◆ Drink lots of water!
- ◆ Avoid long exposure to sun or heat
- ◆ Pay attention to your fluid loss

"When the well is dry, we know the worth of water."

Benjamin Franklin



Recipe of the Month— Zucchini and Spinach Lasagna

Ingredients:

- ◆ 1 stick unsalted butter, melted
- ◆ 9 sheets frozen phyllo dough (12 by 17 inches each), thawed
- ◆ 6 large eggs, lightly beaten
- ◆ 3/4 cup heavy cream
- ◆ 4/3 cup whole milk
- ◆ 1/2 cup finely grated Parmesan cheese
- ◆ 1/3 cup fresh basil, cut into strips
- ◆ Coarse salt
- ◆ Freshly ground pepper
- ◆ 1 medium zucchini (about 8 ounces), very thinly sliced lengthwise.



With credit to: <http://www.marthastewart.com/851240/zucchini-tart>

Preparation:

- ◆ Preheat oven to 425°F and place an inverted baking sheet on the middle rack. Brush a 10-by-15 inch rimmed baking sheet with butter.
- ◆ Brush 1 phyllo sheet with butter and fit into baking sheet, leaving a 1-inch overhang. Top with a second phyllo sheet in a slightly different position and brush with butter. Repeat with remaining phyllo and butter, creating a crust with a 1-inch overhang on all sides. Fold edges under to double the thickness.
- ◆ Whisk together eggs, cream, milk, cheese, basil, 1 1/2 teaspoons salt, and 1/4 teaspoons pepper.
- ◆ Crumple 6 layers of foil into a rectangle the size of the tart and fit into crust. Bake crust, set on inverted sheet, until edges are golden (7-8 minutes). Remove foil. Bake until surface is golden (4-5 minutes). Transfer crust to a wire rack, leaving inverted sheet in oven.
- ◆ Immediately pour custard carefully into crust (do not overfill). Arrange zucchini over top, slightly overlapping. Bake on inverted sheet until custard is set in center (20-22 minutes). Immediately slide tart onto wire rack, lifting from 1 end using a large, wide spatula. Let cool 10 minutes before serving.

