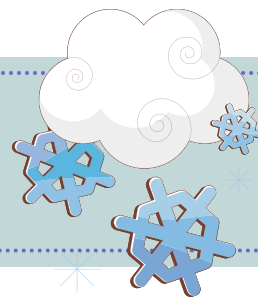


# Brostrom Physical Therapy

Monthly Newsletter

December 2017 & January 2018



## Quote of the Month:

"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."

- Maya Angelou

Brostrom Physical  
Therapy wishes  
you a warm and  
safe winter season!

## Brostrom Physical Therapy

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## Fall Prevention & Shoveling Tips for the Winter

Courtesy of Brostrom PT's Physical Therapists

- Go slow and ask for help! If a parking lot or other surface is icy, have another individual assist you in walking.
- Keep salt and a shovel near your front door.
- Check the traction on your shoes. Shoes with better traction will grip the ground better.
- Carry a cell phone, and know your plan. Generate a plan of steps you would take if you fell.
- Strengthen your leg muscles! Strong leg muscles will help you be sturdy and secure! If your Physician agrees, exercise regularly.
- Keep your hands free. Wear gloves so you can keep your hands out of your pockets to help you balance.
- Heed parking lots. Be extra careful getting into and out of your car; hold on to your door or car as you get out for extra support.
- When shoveling snow:
  - Lift small loads.
  - Bend with your knees and lift with your legs (not your back).
  - Use a shovel with a shaft.
  - Avoid excessive twisting and take frequent breaks.
  - Backward bending exercises while standing will help reverse forward bending: stand straight and tall, place your hands on the back of your hips, and bend slightly backwards for 10 seconds. Repeat as needed.



# Recipe of the Month: Chef John's Ham & Potato Soup

## Ingredients:

- 1 & 1/2 pounds Yukon Gold potatoes, peeled and diced
- 1 medium onion, diced
- 1 medium carrot, diced
- 1 rib celery, diced
- 8 pounds smoked ham, diced
- 3 cloves garlic, sliced
- 3 tablespoons butter
- 1/4 cup flour
- 4 cups chicken broth
- 2 cups water
- 1/2 cups heavy cream
- Salt and pepper to taste
- Cayenne pepper (optional)
- Chopped fresh chives for garnish (optional)

## Directions:

- Melt butter in a stockpot over medium heat until golden brown. Stir in carrot, celery, onion, ham, and garlic; cook and stir for 5-6 minutes, until the vegetables soften and the onions are translucent.
- Stir in flour; cook for about 3 minutes. Stir in chicken broth, 1 cup at a time. Add water and stir to combine. Turn the heat to high and bring to a simmer. Simmer on medium-low heat for 15 minutes, stirring occasionally.
- Taste the soup for salt and add more if necessary. Stir in potatoes; cook for 15 minutes, until potatoes are tender. Skim fat if desired.
- With a potato masher, mash the soup a few times, leaving plenty of whole chunks of potato. Season with salt and pepper to taste, add cayenne if desired, and add cream. Stir to combine and heat through. Garnish with fresh chives.

Yield: Approximately 4 servings



Recipe credit to: <http://allrecipes.com/recipe/220127/chef-johns-ham-and-potato-soup/>



## The Warming Tree

Brostrom Physical Therapy is thrilled to welcome back the 8<sup>th</sup> annual Warming Tree! Donations for the tree will be given to Active Faith to support local families, and will be greatly appreciated! Donations may include (but are not limited to) the following:

Hats      Gloves      Blankets      Scarves      Mittens  
Socks      Ear Warmers

**The Warming Tree will be accepting donations through February 2018. Thanks for your support!**

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