

# TELEMEDICINE AT BROSTROM PHYSICAL THERAPY

It remains our top priority to protect your health and safety and to engage you in a rehabilitation program that reduces pain and/or safely brings you back to performing activities around the house and community. If you are unable to attend in-clinic appointments in light of the COVID-19 situation, we are proud to offer Telehealth and E-Visit services as an alternative model of care.



Telehealth (video appointments) and E-Visits (email communication through our secure patient portal) allow you to communicate with our physical therapists in the comfort of your own home. During a Telehealth appointment or E-Visit, our licensed physical therapists can make recommendations such as (but not limited to):

- What household activities to participate in, refrain from, or modify;
- What exercises to participate or refrain from;
- If a home exercise program needs to be established or progressed, our PTs can draft a comprehensive program that includes picture and/or video tutorials and guidelines on parameters (repetitions and sets, number of times per day/week);
- Whether ice and/or heat is recommended for your condition.

## WHAT IS TELEHEALTH? *(Telehealth is available for new and established patients)*

Telehealth appointments are video appointments where you can communicate with one of our physical therapists. We want to ensure you have a great video appointment with your therapist while keeping your appointment secure and private. To accomplish both of these goals, we use Skype as a HIPAA-compliant video platform with the following features:

- All video and audio is encrypted on the sender's end and only decrypted on the receiver's end.
- No one can join the appointment until we specifically initiate the video call.
- Your or our therapist can disconnect or mute the call at any time.

## WHAT ARE E-VISITS? *(E-Visits are available for established patients only)*

E-Visits can be performed anytime but are only available to established patients - meaning your initial evaluation must have already been completed via a telehealth or in-person appointment. If you already have a TurboPT portal account, feel free to log in at a time convenient for you and send a message to your physical therapist. Once received, your physical therapist will reply with guidance. If you do not yet have a TurboPT portal account, please contact our office so a member of our team can enable portal access and guide you through establishing a login.

We want to ensure you have great E-Visit(s) with your therapist while keeping your information secure and private. To accomplish both of these goals, we use a patient portal established by our scheduling software, TurboPT, as a HIPAA-compliant email platform with the following features:

- All email messages are encrypted on the sender's end and only decrypted on the receiver's end.
- No one can establish a portal login until we specifically grant access, which can be removed at any time.
- No one can access your portal without your username and password.

**Please call us at (248) 446-0155 for additional information!**

*"Sometimes we're tested not to  
show our weakness, but to  
discover our strength."*

*~ Deborah King*



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# Health Benefits of Cooking with Herbs

\*The below listed potential benefits are not meant to motivate you to substitute or replace any medication or treatment prescribed by a Physician. If you have any questions or are interested in the personal use and benefits of herbs, please consult with your Physician.



**Basil:** Basil is loaded with antioxidants and just two tablespoons of fresh basil contains about 25 percent of your recommended daily intake of Vitamin K. The anti-inflammatory properties of basil may help lower risk of heart disease, rheumatoid arthritis and inflammatory bowel conditions. Consumption of basil could

also soothe fever, headache, sore throat, cold, cough and flu. Common foods that contain basil are: caprese, pesto and tomato sauce.



**Cilantro:** Cilantro (fun fact—also known as coriander) is a common ingredient in salsa and guacamole, but its uses don't stop there. Coriander oils may help lower blood sugar by promoting enzyme activity that helps remove sugar from the blood. It's high in antioxidants that have been shown to fight inflammation. Coriander

appears to act as a diuretic, helping your body flush excess sodium and water. Many find that eating pungent herbs and spices like cilantro helps them reduce their sodium intake, which may improve heart health.



**Mint:** Mint is a calming herb that people have used for thousands of years. Recent studies have shown mint to be a remedy for gastrointestinal conditions such as indigestion, IBS and feelings of sickness after surgery. Mint contains an antioxidant and anti-inflammatory agent called

rosmarinic acid which has been found to reduce symptoms of asthma. Menthol—an organic compound made synthetically from mint oils can ease the common cold in adults and children (i.e. Vicks VapoRub) and be used as a topical cream to provide temporary pain relief (Bengay or BioFreeze).



**Oregano:** A flavorful herb with incredible benefits, oregano has an impressive antioxidant capacity. Its uses go well beyond your dinner plate as oregano demonstrates antimicrobial activity against E. coli, staphylococcus aureus and salmonella.

Additionally, it's been used as an antiseptic, to aid digestion, to heal wounds and some even put a drop of oregano oil on their toothbrush to ward off gum disease. **Tip:** Since dried herbs tend to be more potent than fresh, you typically need three times the amount of fresh herbs to dry. For example, 1 tablespoon of fresh oregano means you only need 1 teaspoon of dried.



**Parsley:** Parsley is more than just a garnish. It is an herb high in vitamin C, and vitamin C makes collagen which helps prevent lines and wrinkles as we age. Homeopathic practitioners use parsley to treat urinary tract infections and kidney and bladder stones. It contains chemicals that cause muscle contractions in the intestine, bladder and uterus. Finally, parsley is a great source of Vitamin A. An adequate amount of vitamin A ensures optimal health of our eyes, preventing dryness, night blindness and cataracts.



## Italian Dressing Mix

### Ingredients:

- ♦ 1 tablespoon garlic salt
- ♦ 1 tablespoon onion powder
- ♦ 1 tablespoon white sugar
- ♦ 2 tablespoons dried oregano
- ♦ 1 teaspoon ground black pepper
- ♦ 1/4 teaspoon dried thyme
- ♦ 1 teaspoon dried basil
- ♦ 1 tablespoon dried parsley
- ♦ 1/4 teaspoon celery salt
- ♦ 2 tablespoons salt
- ♦ 1/4 cup white vinegar
- ♦ 2/3 cup canola oil
- ♦ 2 tablespoons water

### Directions:

1. In a small bowl, mix together the garlic salt, onion powder, sugar, oregano, pepper, thyme, basil, parsley, celery salt and regular salt. Store in a tightly sealed container.
2. To prepare dressing, whisk together 1/4 cup white vinegar, 2/3 cup canola oil, 2 tablespoons water and 2 tablespoons of the spice/herb mixture.

Recipe credit to: <https://www.allrecipes.com/recipe/25171/italian-dressing-mix/>