



This issue includes:

A recipe for pavlova!



Information about Massage Therapy



An introduction of our Massage Therapist

○ Monthly Newsletter

○ June 2018

Brostrom *Physical Therapy*

Massage Therapy

Our therapists can perform a wide array of treatment techniques in physical therapy, and we are proud to announce that we now have a Licensed Massage Therapist—Danielle Nelson (many may recognize her as one of our physical therapy technicians)—on staff for massage therapy treatments. 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:

“Perfection is not attainable, but if we chase perfection we can catch excellence.”
- Vince Lombardi



Introducing... Danielle Nelson, LMT

You may recognize Danielle as a physical therapy technician, but she also performs a wide variety of massage therapy services in our clinic (see the front side of this newsletter issue to read more). She is a Licensed Massage Therapist (LMT) and graduated from the Ann Arbor Institute of Massage Therapy in September 2008.

Danielle is passionate about providing a customized touch for each client while providing an environment for healing. She has experience in the physical therapy setting, massage therapy setting, and has also provided care for family members and residents of an assisted living home. In her free time, Danielle enjoys bowling, horseback riding, mountain biking, and trying anything based around water.

At Brostrom Physical Therapy, Danielle plans to use her upbeat personality and clinical skills to impact the lives and well-being of her massage therapy clients and our physical therapy patients, as well as gain certification as a Medical Massage Therapist (MMT).



Recipe of the Month: *Pavlova with Lemon Curd and Berries*

INGREDIENTS:

For the Meringue

- 4 egg whites
- Pinch salt
- 8 oz caster sugar
- 1 tsp white vinegar
- 1/2 tsp vanilla
- 2 tsp corn flour

For the Lemon Curd

- 4 lemons, grated rind and juice
- 14 oz sugar
- 4 oz butter, diced
- 4 eggs, beaten

To Serve

- 8 fl oz double cream
- Mixed ripe berries, such as blueberries and blackberries



DIRECTIONS:

1. Heat the oven to 250 degrees F. Line a baking tray with baking paper, then draw a circle 20 cm in diameter in the middle of the paper.
2. Place the egg whites and pinch of salt in a clean, dry bowl. Beat with an electric whisk until soft peaks form. Gradually add caster sugar, beating well after each addition. Beat until the mixture is stiff and glossy. Fold in the vinegar, vanilla, and corn flour.
3. Pile the mixture onto the circle on the baking paper, shaping it with a spatula, and leaving the center slightly hollowed. Cook for 1 to 1 & 1/4 hours, or until crisp and dry on the outside. Turn off the oven and leave it to cool with the door ajar.
4. To make the curd, finely grate the rind of the lemons into a bowl and add the juice. Add the sugar, butter and beaten eggs to the bowl and sit it over a saucepan of simmering water - don't let the bowl touch the water, stir with a wooden spoon until thick and the curd coats the back of the spoon. Chill until needed.
5. To assemble the pavlova, whip the cream until it just holds stiff peaks, then fold about 3tbsp of the cream into the curd. Spoon the curd onto the meringue and heap the berries on top.
6. Serve with the remaining cream on the side.



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