

# 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.

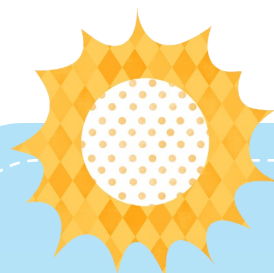
### For running:

- 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 2018

### 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

### Brostrom Physical Therapy

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***"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

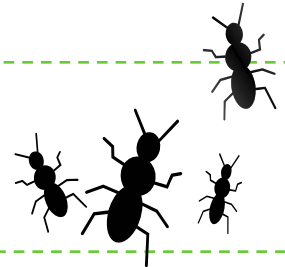


## How to stay Hydrated:

- ◆ 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— Grilled Chicken Taco Pizzas

### Ingredients (taco seasoning):

- ◆ 2 Tablespoons onion powder
- ◆ 2 Tablespoons garlic powder
- ◆ 1 Tablespoon chili powder
- ◆ 1 teaspoon dried oregano
- ◆ 1 teaspoon cayenne pepper
- ◆ 1 teaspoon ground cumin
- ◆ Kosher salt and freshly ground black pepper

### Ingredients (pizzas):

- ◆ 1/4 cup canola oil, plus more for brushing
- ◆ 1 pound skinless, boneless chicken breasts
- ◆ 1 16-ounce tube pizza dough
- ◆ All-purpose flour, for dusting
- ◆ 1 cup shredded mozzarella
- ◆ 1 cup shredded sharp cheddar

### Ingredients (optional toppings):

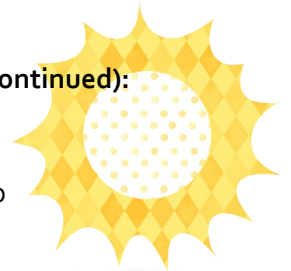
- ◆ 1 avocado
- ◆ Juice of 1 lime
- ◆ 1/2 teaspoon ground cumin
- ◆ 1/2 teaspoon chili powder
- ◆ 1 Tablespoon diced red onion
- ◆ Kosher salt and freshly ground black pepper

### Ingredients (optional toppings continued):

- ◆ 1 cup fresh salsa
- ◆ 1/2 cup sour cream
- ◆ 1/4 cup chopped fresh cilantro

### Preparation:

- ◆ Preheat a grill to medium high. Grill the chicken until cooked through, about 4 minutes per side. Let cool, then cut into bite-size pieces.
- ◆ Divide the dough into 3 pieces. Roll out each on a floured surface into an 8-inch round circle. Brush with canola oil, sprinkle with taco seasoning and grill until crisp, 3 to 5 minutes per side; remove from the grill.
- ◆ Mix the cheeses in a bowl, then sprinkle on the crusts and top with the chicken. Return the pizzas to the grill, and cook until the cheese is melted, about 5 minutes. Meanwhile, mix the avocado, lime juice, cumin, chili powder, red onion, and salt and pepper to taste. Top the pizzas with the avocado mixture, salsa, sour cream and cilantro.



Recipe credit to: <https://www.foodnetwork.com/recipes/aaron-mccargo-jr/grilled-chicken-taco-pizzas-recipe-2124349>