

# Fall Prevention & Shoveling Tips for the Winter

Courtesy of Brostrom PT's Physical Therapists

**DECEMBER 2016**  
**MONTHLY NEWSLETTER**

- 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.



## Quote of the Month:

“Destiny is not a matter of chance, it is a matter of choice. It is not a thing to be waited for, it is a thing to be achieved.”

- William Jennings Bryan

*Brostrom Physical  
Therapy wishes you  
a warm and safe  
holiday season!*

## **Brostrom Physical Therapy**

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## Recipe of the Month:

### Custard Eggnog

#### Preparation:

1. Heat milk in a large saucepan over medium heat until small bubbles appear on the side of the pan.
2. Whisk sugar, flour, and salt in another large, non-aluminum saucepan. Add whole eggs and egg whites and whisk until smooth.
3. Gradually blend sugar mixture from step 2 into scalded milk from step 1.
4. Cook over low heat, stirring constantly, until custard has thickened enough to coat spoon (about 15 minutes).
5. Remove from heat and strain into a bowl. Cover & chill for at least 2 hours or overnight.
6. Before serving, stir in vanilla and nutmeg. Pour 2 cups of custard into blender, add 2 ice cubes, and whirl until frothy. Repeat with remaining custard.

#### Ingredients:

- 8 cups nonfat milk
- 1 1/2 cups sugar
- 1/4 cup all-purpose flour
- Pinch of salt
- 4 large eggs
- 2 large egg whites
- 2 teaspoons vanilla extract
- Pinch of nutmeg



Recipe credit to:  
[http://www.eatingwell.com/recipes/custard\\_eggnog.html](http://www.eatingwell.com/recipes/custard_eggnog.html)



### The Warming Tree

Brostrom Physical Therapy is thrilled to welcome back the 7<sup>th</sup> annual Warming Tree! Donations for the tree will be given to Active Faith to support local families, and would be greatly appreciated! Donations may include (but are not limited to) the following:

- Hats
- Mittens
- Gloves
- Socks
- Blankets
- Ear Warmers
- Scarves

Thank you for your support!

### A couple quick notes:

Wow! Where has the time gone?! With a new year beginning, Brostrom Physical Therapy would like to thank you for your outstanding support. We appreciate you!

Please also remember that many insurance deductibles, co-insurance, and co-pay requirements re-start at the beginning of the new year. If you need assistance in obtaining your insurance benefits for Physical Therapy, please contact the front desk... We'll be happy to help!

## Thank you!

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