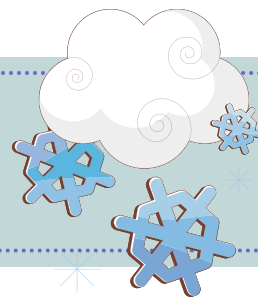


Brostrom Physical Therapy

Monthly Newsletter

December 2019 & January 2020



Quote of the Month:

"As you grow older, you will discover that you have two hands. One for helping yourself, and another for helping others."

- Sam Levenson

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

Brostrom Physical Therapy

22180 Pontiac Trail

Suite E

South Lyon, MI 48178

Phone: (248) 446-0155

Fax: (248) 446-0177

Email:

therapist@brostrompt.com

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: Browned Butter Cinnamon Rolls

Ingredients

For the rolls:

- 1 & 1/4 cups whole milk warmed (about 110°F)
- 1/2 cup superfine sugar, divided
- 1 Tablespoon active-dry yeast
- 1/2 teaspoon salt
- 1/2 cup unsalted butter, softened
- 2 large eggs, room temperature and lightly beaten
- 4 & 1/2 cups bread flour

For the filling:

- 1/2 cup unsalted butter, softened
- 1 cup superfine sugar
- 1 Tablespoon cinnamon

For the glaze:

- 1/2 cup unsalted browned butter, cooled
- 3 Tablespoons whole milk
- 2 teaspoons vanilla extract
- 1/2 teaspoon cinnamon
- 3 to 3 1/2 cups confectioner sugar, sifted

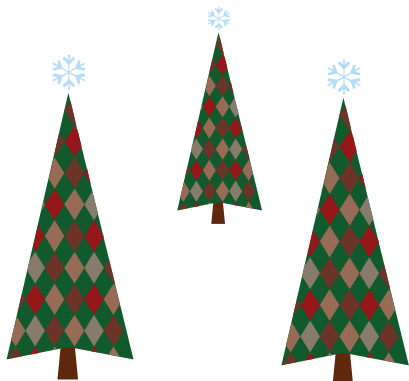


Recipe credit to: <https://www.spoonforkbacon.com/browned-butter-cinnamon-rolls/>

Directions:

[Yield: 10 Rolls]

1. Preheat the oven to 350° F. Pour milk & half of sugar into a mixing bowl & stir together.
2. Sprinkle yeast over milk and sugar and allow mixture to sit for 4 to 5 minutes (yeast should begin to bubble and foam).
3. Stir in remaining sugar, salt, butter, and eggs. Begin adding flour, 1/2 cup at a time, stirring to incorporate after each addition.
4. Once all the flour has been added, dump mixture onto a clean and lightly floured surface and knead dough for 5 to 7 minute or until smooth and elastic, adding more flour, 1 tsp at a time as needed.
5. Once smooth dough has formed, place dough into a lightly greasy bowl, cover with a clean, damp towel and place in a warm area until dough has doubled in size. About 1 hour and 20 minutes.
6. Place both butters for filling and the glaze into a medium saucepan and simmer for 15 to 20 minutes or until butter begins to toast, brown and produce a nutty smell.
7. Divide the butter into two separate bowls and allow them each to cool, about 20 minutes. In another small bowl whisk together the superfine sugar and cinnamon.
8. Once dough has doubled in size, punch down the center and turn onto a clean and lightly floured surface. Roll dough out into a 12"x 19" rectangle and about 1/4" thick. Generously brush the entire surface of the dough with one of the bowls of browned butter. Sprinkle evenly with cinnamon-sugar mixture. Tightly and evenly roll rectangle from one end to the other and gently pinch the seam shut. Place cinnamon roll log seam side down and cut into 10 even cinnamon rolls.
9. Place cinnamon rolls into a lightly greased baking dish and cover with a clean, damp towel.
10. Store in a warm place until cinnamon rolls double in size about 1 hour.
11. Uncover and bake for 25 to 30 minutes or until golden brown.
12. Remove from oven and cool for 10 minutes.
13. For the glaze: Stir milk, vanilla and cinnamon into the butter until fully incorporated. Stir sugar into the butter mixture, 1/4 cup at a time until fully incorporated and mixture is smooth.
14. Pour 1/2 of the glaze over the slightly cooled cinnamon buns and allow cinnamon buns to continue to cool, about 30 minutes. Drizzle remaining glaze over cinnamon buns and serve.



The Warming Tree

Brostrom Physical Therapy is thrilled to welcome back the 10th 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 Coats

The Warming Tree will be accepting donations through February 2020. Thanks for your support!

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