

Brostrom Physical Therapy

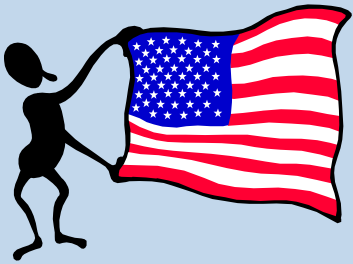
-- Monthly Newsletter --

22180 Pontiac Trail
Suite E
South Lyon, MI 48178

Phone:
(248) 446-0155

Website:
brostrompt.com

Email:
therapist@brostrompt.com



Brostrom Physical Therapy would like to thank the service men and women of The United States for preserving our freedom.

Quote of the Month:

"The end of law is not to abolish or restrain, but to preserve and enlarge freedom. For in all the states of created beings capable of law, where there is no law, there is no freedom."

-- John Locke

September 2017

Ways to Prevent Falls this Fall

From the desk of: Amy Waltz, PT, MPT, CLT

- ◇ Be sure to turn on the lights now that it is getting darker sooner. Also, use night lights at night (especially in hallways, bathrooms, and near the stairs).
- ◇ Remove tripping hazards around your home, such as throw rugs without proper non-skid backing. Be sure computer and TV cords are tucked away or covered, magazines and newspapers are picked up, and be aware of your pet as to not trip over them.
- ◇ Do not walk around your home in stockings or slippers with smooth soles. Instead, wear lace-up, rubber-soled shoes for indoor use.
- ◇ Keep items within easy reach so as not to have to lean too far outside your center of gravity to reach it. Use a stepstool with a handrail to get to overhead objects safely.
- ◇ Mound or adhere grab bars in the bathroom near the shower and the toilet.
- ◇ Have handrails on both sides of the stairs and make sure they are securely fastened. Be careful that an item being carried doesn't block your view of the steps.
- ◇ Keep a phone close to the bed within reach to avoid falling out of bed. Have emergency phone numbers in large print near the telephone as well.
- ◇ Be careful on wet surfaces.
- ◇ Leave sofas and chairs at the correct height to get into and out of.
- ◇ Get plenty of rest and limit the amount of alcohol you consume.
- ◇ **Physical Therapy can also be very helpful in reducing your chances of falling. Exercise for strengthening as well as balance training with a PT will improve your instability. We can also instruct you in the proper use of an assistive device, such as a cane or walker, making sure that it is the proper height and that you know how to safely get around objects or stairs in your home.**

Thoracic Spine (Mid-Back) Stretches*

Side-lying Thoracic Rotation

1

1. Lie on your left side on the floor, with your hips and knees bent 90 degrees. Straighten both arms in front of you at shoulder height, palms pressed together.
2. Keeping your arms and legs in position, rotate your right arm up and over your body and rotate your torso to the right, until your right hand and upper back are flat on the floor.
3. Hold for 2 seconds, then bring your right arm back to the starting position.
4. Turn over and repeat steps 1-3 with the opposite side.



Belly Button Dip

2



1. Begin with your hands and knees on the floor in a cat-like position.
2. Dip your belly button down toward the floor slowly.
3. Raise back to the start and repeat.

Towel Roll Stretch

3

1. Roll a towel into a tightly wrapped cylinder and place it on the floor. Lie down on top of the towel so that the towel is on or just above the area of your back you wish to stretch.
2. Cross your arms over your chest, take a deep breath, and use your legs to roll your back over the towel as you exhale.



-- Recipe of the Month: Veggie Stromboli --

Ingredients:

- 1 tablespoon olive oil
- 1 pound cremini mushrooms, sliced
- 1 small yellow onion, chopped
- 1 teaspoon kosher salt
- 1/2 teaspoon black pepper
- 1/2 teaspoon chopped fresh oregano
- 5 ounces baby spinach, roughly chopped
- 3 cloves garlic, chopped
- All purpose flour, for work surface
- 1 pound prepared pizza dough, at room temperature
- 1 15.5-oz. can diced tomatoes, drained
- 6 ounces mozzarella cheese, shredded (about 1.5 cups)
- 1 large egg, beaten



Preparation:

- Preheat oven to 425°F with rack in lowest position. Heat oil in a large skillet over medium-high. Add mushrooms, onion, salt, pepper, and oregano and cook, stirring, until vegetables are tender, 8 to 10 minutes. Add spinach and garlic and cook, stirring, until spinach has wilted, about 3 minutes. Transfer to a bowl and let cool slightly.
- On a lightly floured piece of parchment, roll dough into a 10-by-15-inch rectangle. Spoon mushroom mixture length-wise down center of dough and top with tomatoes and cheese. Brush edges with egg and roll away from you into a log, pinching edges to seal. Place seam side down and transfer dough and parchment to a rimmed baking sheet. Brush with egg and cut 4 slits along the top. Bake on lowest rack until golden brown, 15 to 18 minutes. Let cool 15 minutes before slicing.

With credit to: <https://www.realsimple.com/food-recipes/browse-all-recipes/veggie-stromboli>

If you want more stretches or have questions regarding Thoracic Spine Pain, please speak with one of our qualified Physical Therapists.

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*Brostrom Physical Therapy is not responsible for any injuries that may occur while performing these stretches. Before starting any exercise program, you should consult a certified health professional.