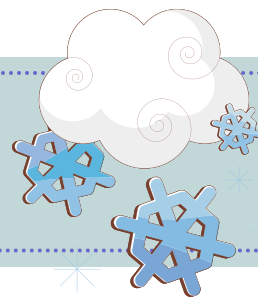


# Brostrom Physical Therapy

Monthly Newsletter

December 2018 & January 2019



## Quote of the Month:

"It's been my experience  
that you can nearly  
always enjoy things if  
you make up your mind  
firmly that you will."

- Lucy Montgomery

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](mailto: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: Cheesy Stuffed Shells

## Ingredients

### For the sauce:

- Kosher salt
- 2 tablespoons extra-virgin olive oil
- 1/2 cup grated carrot
- 1/2 cup grated zucchini
- 1 small onion, finely chopped
- 1/2 cup chopped celery
- 3 cloves garlic, minced
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 2 tablespoons tomato paste
- 1 28-ounce can crushed tomatoes
- Freshly ground pepper

### For the shells:

- 1 12-ounce box jumbo pasta shells
- 8 ounces silken tofu, mashed
- 1 10-ounce box frozen chopped spinach, thawed and squeezed dry
- 1 & 1/2 cups cottage cheese
- 1/2 cup grated parmesan cheese
- 1 & 1/2 cups shredded mozzarella cheese
- 1 large egg, lightly beaten
- 1 clove garlic, minced
- Kosher salt & freshly ground pepper

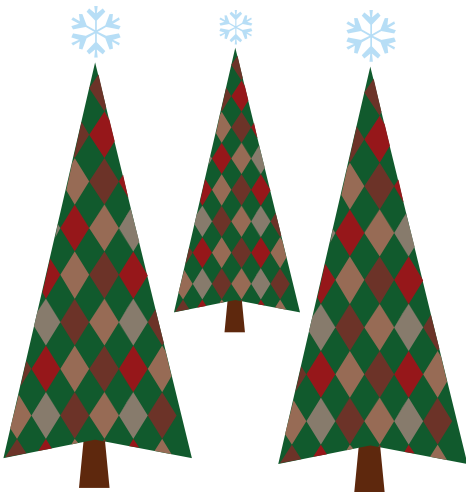
## Directions:

1. Preheat the oven to 350° F. Bring a large pot of salted water to a boil. Make the sauce: Heat the olive oil in a medium saucepan over medium heat. Add the carrot, zucchini, onion and celery and sauté until soft but not brown, 5 minutes. Add the garlic and cook for 5 minutes, stirring occasionally. Add the basil, oregano, tomato paste, crushed tomatoes and 2 cups water. Bring to a boil, then reduce the heat and simmer for 15 minutes. Season with salt and pepper.
2. Meanwhile, prepare the shells: Add the pasta to the boiling water and cook for 8 minutes; drain. Mix the tofu, spinach, cottage cheese, parmesan, 1/2 cup mozzarella, the egg and garlic in a medium bowl and season with salt and pepper.
3. Mist a 9-by-13-inch baking dish with cooking spray. Spread about 1 cup of the sauce in the dish. Stuff the cheese mixture into the shells and place in the baking dish, open-side up. Pour the remaining sauce over the shells. Cover tightly with foil and bake for 30 minutes. Uncover, sprinkle with the remaining 1 cup mozzarella and bake for 15 minutes. Let cool slightly before serving.

**Yield: Approximately 4-6 servings**



Recipe credit to: <https://www.foodnetwork.com/recipes/melissa-darabian/cheesy-stuffed-shells-recipe-1972790>



## The Warming Tree

Brostrom Physical Therapy is thrilled to welcome back the 9<sup>th</sup> 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 2019. Thanks for your support!**

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