

# BROSTROM PHYSICAL THERAPY

*Monthly Newsletter*

MARCH 2018

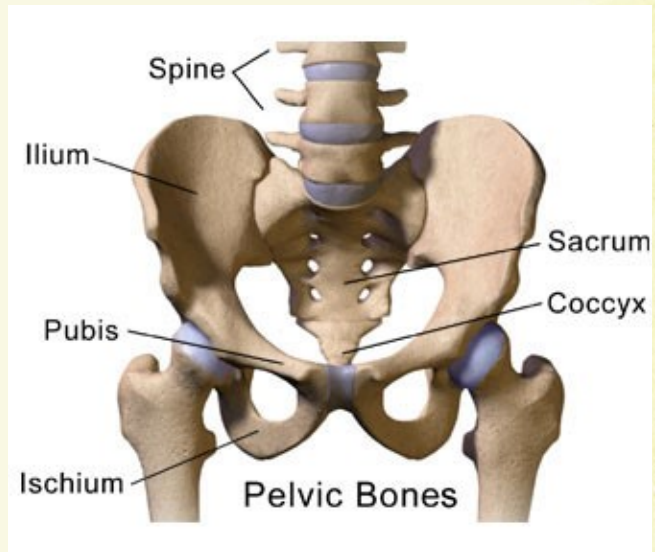
## Diagnosis in Focus: Pelvic Dysfunctions

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

The pelvic girdle is composed of a group of 3 bones, various ligaments and multiple muscles that work in conjunction to connect the lumbar spine (low back) to the hips. Whenever there is a dysfunction within this anatomy, pain can be generated in the pubic region, sacroiliac joint on either side, as well as the lumbar and buttock areas. This pain can be present with prolonged sitting, walking slowly, going up or down stairs, putting on socks and shoes as well as rolling over in bed.

Physical therapy can be very helpful for improving pelvic dysfunctions. Various manual therapy techniques are employed to improve the alignment of the bony structures to reduce the pressure at the joints. Other hands-on techniques are performed to reduce any tightness present in the muscles surrounding the area. Education is also provided as to how to properly stretch then strengthen these same muscle groups. Modalities used by physical therapists such as ice and heat, electrical stimulation, or ultrasound can also be helpful in overall pain reduction. Posture training is also provided to help to keep the pain from returning in the future.

If you are experiencing pain in the low back, buttock or groin region, speak to your doctor about a possible referral to a physical therapy. Any of the physical therapists in our facility would be happy to see you!



*About the author:* Amy joined our practice in April 2016. She is familiar with the South Lyon area and is a graduate of South Lyon High School. She brings over 15 years of outpatient physical therapy experience and a Master's degree from The University of Michigan. In addition to a well-versed knowledge and experience with general orthopedic conditions, Amy enjoys treating patients with ankle and foot injuries as well as patients recovering from breast cancer.

As our Clinical Director, Amy ensures all patients receive the highest quality of care while assisting in daily management and oversight operations for the clinic.

*"It's not whether you get knocked down,  
it's whether you get back up."  
~ Vince Lombardi*



## Arriving July 2018



Congratulations to Katie, Mark, and Lucy; their family is expecting another bundle of baby girl joy in July 2018!



## Recipe of the Month Patty Melts

Yield: 4 servings

### Ingredients:

1. 3 tablespoons extra-virgin olive oil
2. 2 medium onions, thinly sliced
3. 10 ounces button mushrooms, sliced
4. Kosher salt and freshly ground pepper
5. 2 teaspoons balsamic vinegar
6. 2 tablespoons plus 2 teaspoons Worcestershire sauce
7. 10 ounces 93% lean ground turkey
8. 6 ounces lean ground beef sirloin
9. 8 slices multigrain bread
10. 8 thin slices Monterey jack or Swiss cheese (2 to 3 ounces)



### Directions:

Heat 1 teaspoon olive oil in a large nonstick skillet over medium-high heat. Add the onions and cook, stirring, until soft, 2 to 3 minutes. Push to one side of the skillet; add the mushrooms and cook until browned, about 2 minutes. Season with salt and pepper, then mix the mushrooms and onions together and cook until the onions are golden, about 10 more minutes. Add the vinegar and 2 tablespoons Worcestershire sauce. Transfer the mixture to a bowl and keep warm.

Meanwhile, mix the turkey, beef and the remaining 2 teaspoons Worcestershire sauce in a bowl. Shape into 4 equal-size oval patties.

Wipe out the skillet, add 1 tablespoon olive oil and place over medium-high heat. Season the patties with salt and pepper and cook until browned on the bottom, about 4 minutes. Flip and cook through, 1 to 2 more minutes.

Divide the onions and mushrooms among 4 bread slices; top with a slice of cheese, a patty, another slice of cheese and another bread slice. Wipe out the skillet; add 1 tablespoon olive oil and place over medium heat. Cook the sandwiches in two batches until the bread is toasted and the cheese melts, 1 to 2 minutes per side, adding the remaining 2 teaspoons oil as needed.

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