



Rock Run Physical Therapy **Revue**



INSIDE THIS ISSUE

Do You Have Your Kids' Back?

PT History: How it all Got Started

Rockin' Recipes

Workshop Update

More Changes to Rock Run

Patient Testimonial

Goal Statement:

- **Value your time**

We make every effort to ensure that your appointments are scheduled to work best for YOU and that WE are on time.

- **Get to Know You**

We care about you as a person, not just a PT

- **Communicate Clearly**

We always keep you and your physician informed of the progress with your POC

- **Provide a Comfortable Atmosphere**

You can count on a clean and supportive environment each time you visit

PATIENTS ENTER TO WIN!!

Find the misspelled word in this newsletter and call 801-896-9200 for your chance to win a

\$10.00 gift card!

Contest for past and present patients only.

DO YOU HAVE YOUR KIDS' BACK?

The school year is right around the corner and usually that means it's time to do some back to school shopping; new pencils, books, clothes, shoes, and definitely a new backpack!

A news release by the American Physical Therapy Association in April 2009 revealed that more than 50 percent of children surveyed carry backpacks that are too heavy. Have you ever picked up their bag that they dropped on the floor and think it feels like it's full of rocks?

Backpacks that are packed until the zippers are bursting or, if worn incorrectly, can cause pressure on the spine to increase. When this happens, the child will lean forward which can lead to neck pain, back pain, shoulder pain and even headaches.

This year when they go to pick their favorite new color or design on the backpack, be sure to look for these crucial elements:

- Compression straps on the sides or bottom to stabilize the contents.
- Padded back and shoulder straps.
- Hip and chest belts to help transfer weight to the hips and relieve the shoulders of some of the burden.
- Correct size (never wider or longer than your child's torso and never hanging more than 4 inches below the waist).

The American Academy of Pediatrics recommends a backpack weigh no more than 10-20% of the child's weight, so be sure to help them decide what is essential and what needs to be left at home. Use these tips so we can all feel good about sending them "back" to school!



PT HISTORY: HOW IT ALL GOT STARTED

Physical Therapy got its start after two major historical events: the polio epidemic of the 1800's that went through the 1950's and the results of several wars. Marguerite Sanderson and Mary McMilliam were the first two trained to be a "reconstruction aide" to care for the soldiers that were wounded in WWI. Because of the need for the reconstruction aides, it was turned into an organization called the American Women's Physical Therapeutic Association. The field was initially a female dominated profession and Mary McMilliam was the first president of the Association.

When WWII occurred, due to the advances in science and technology more soldiers were surviving their injuries that were treated by physical therapists. In the end of 1930, the profession changed its name to the American Physiotherapy Association and in the late 1940's once again changed it to the American Physical Therapy Association for which it still remains. The APTA is an individual membership professional organization representing over 100,000 members that include; physical therapists, physical therapy assistants and students of physical therapy.



ROCKIN' RECIPES

Rock Run truly feels that our patients' are family, and what better way to show we are family than to start a recipe exchange! Do you have an age old classic recipe that you are willing to unlock the vault for? Or maybe something you just found online that rocks? We want to hear from you. Send an email to maddie@rockrunpt.com and we will get it in our next newsletter. If it makes the Newsletter we will send you a \$10.00 gift certificate for joining in the fun! This one is from Lisa at our Roy office:

Slow Cooker Texas Pulled Pork

Prep time 15 min. • Cook 5 hours • Ready 5h 15 min

Ingredients:	1 tablespoon prepared yellow mustard
1 teaspoon vegetable oil	1 tablespoon Worcestershire sauce
1 (4 pound) pork shoulder roast	1 tablespoon chili powder
1 cup bbq sauce	1 extra large onion chopped
½ cup apple cider vinegar	2 large cloves garlic- crushed
½ cup chicken broth	1 ½ teaspoons dried thyme
¼ cup light brown sugar	8 hamburger buns split



Pour the vegetable oil into the bottom of a slow cooker. Place the pork roast into the slow cooker; pour in the barbecue sauce, apple cider vinegar, and chicken broth. Stir in the brown sugar, yellow mustard, Worcestershire sauce, chili powder, onion, garlic, and thyme. Cover and cook on High until the roast shreds easily with a fork, 5 to 6 hours.

Remove the roast from the slow cooker, and shred the meat using two forks. Return the shredded pork to the slow cooker, and stir the meat into the juices.

Spread the inside of both halves of hamburger buns with butter. Toast the buns, butter side down, in a skillet over medium heat until golden brown. Spoon pork into the toasted buns.

WORKSHOP UPDATE!

Our workshops continue to grow and are a huge success. We have added a workshop on “How to Avoid Stiffness in the Operated Knee.” This is in addition to the Low Back Pain and Sciatica Workshop and the Balance and Fall Prevention Workshop we are already doing. The Knee Workshop is for you if:

- You are scheduled to have total or partial knee replacement and want to have the best recovery possible.
- You have already had knee surgery and your knee is stiff, weak, or limits your ability to do the activities you want to
- You would like to try to avoid painful knee replacement surgery.

At this workshop we will also teach you how you can save an average of \$939 on your knee surgery!

As always, these workshops are FREE. All you have to do is register by going to www.rockruntherapy.com and clicking on “Workshops”

You can also call the Roy or Syracuse offices to register. If you are not sure if you need this workshop and would like our free report titled, “Top 8 Tips For Success Following Knee Surgery” give our office a call and we would be happy to mail it out to you!



MORE CHANGES TO ROCK RUN

Annie was hired to work as a full-time front desk coordinator at our Syracuse office and we are excited to have her join the Rock Run family. We asked her to tell us all a little bit about herself. This is what she said, “My name is Anna, but most people call me Annie. I was born and raised in Roy, Utah and now I live in Ogden, Utah. I’m an avid dog lover and hiker. I have two rescue dogs, an eight year old blue nose Pitbull named Quella, and a one year old Border Collie named Leo.

My favorite thing to do is travel, and my favorite vacation so far has to be our five day cruise to Mexico ending the trip spending 3 days in a beach house in California. If I’m not planning or going on my next big trip you can usually find me working on remodeling my house or hanging out at Causey reservoir on a kayak. I am excited to join the Rock Run team and be a part of helping you get back to doing the things you love”!

Welcome Annie!



PATIENT TESTIMONIAL

“Prior to having knee joint replacement surgery, I wasn’t able to do much of any activity that would require the use of my knees.” When Brad started physical therapy he had to use crutches and he limped severely due to very high pain levels and a very weak and stiff knee. After a few weeks of physical therapy and doing his home exercise program faithfully, Brad was able to stop using crutches and was surprised at the things he was able to do.

“After starting therapy I was quickly able to do things that I haven’t done for over 10 years”. Brad was able to achieve full motion and strength and is now back to enjoying his hobbies of hunting, hiking, and yard work. At the conclusion of his therapy Brad remarked, “The staff are friendly, knowledgeable, take extreme interest in your well-being and in helping you make a full recovery for the long term. Great experience!”

Keep up the good work Brad!





PRSR STD
US Postage
PAID
SLC, UT
Permit 6

5991 South 3500 West, Suite 300
Roy, Utah 84067

rockruntherapy.com
p. 801-985-2700
f. 801-985-2707



RANDOM FACT

More than 204,000 physical therapists are licensed in the United States today.

