



Rock Run Physical Therapy **Revue**



STAYING FIT AND COOL THROUGH THE UTAH SUMMER

INSIDE THIS ISSUE

Staying Fit & Cool Through the Utah Summer

Did You Know???

Patient Testimonial

Adventures of a Front Desk Coordinator

Summer Recipe

Random Fact

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.

Water Sports are a fun and healthy way to exercise while keeping cool in the hot Utah summers. Water Sports enthusiasts are able to burn approximately 50 calories in just 12 minutes while paddle-boarding, treading water and doing water aerobics. Kayaking for only 10 minutes will burn 59 calories. You don't have to be an expert to participate in water sports, and in Utah, there are some great reservoirs and lakes that you can take advantage of.

If you want to keep it simple, taking advantage of a swimming pool has great benefits. Julie Mulcahy PT, MPT wrote for the American Physical Therapy website, that submersion in waist to chest deep water makes the body more buoyant and reduces stress on the joints, cartilage and ligaments. Patients with musculoskeletal problems find that this weight reduction allows them to move more freely and assists with range of motion exercises. Weight-bearing exercises such as marching, side-stepping, side-kicks, lunges, and single leg balance is a great and simple way to implement an aquatic exercise program.

Below is a list of the highest ranked places to Paddle Board in Utah.

1. Highland Glen Park
2. Wayne Bartholomew Family Park
3. Tibble Fork
4. Silver Lake Flat
5. Utah Lake
6. Jordanelle Reservoir
7. Deer Creek
8. Lower Provo River
9. Mirror Lake
10. Strawberry Reservoir



(Maddie paddle Boarding at Causey Reservoir)

ADVENTURES OF A FRONT DESK COORDINATOR

There is a famous saying, “A change is as good as a vacation”. I’m not sure if Lisa would agree this change is as good as a vacation, but in the life of a Front Desk Coordinator... we’ll take what we can get.

Lisa had spent 10+ years with this old thing, but they decided to go their separate ways. Out with the old... in with the new. Good thing we don’t say that about our patients!



Before



After!

SUMMER RECIPE

With summer being the time of year when we have a family “get together”, BBQ, pool party or whatever else your family traditions may be, we decided to include this killer fresh guacamole recipe.

It’s healthy, easy, and will leave you craving more!

Ingredients:

- 5 Medium ripe avocados
- 1 lime- juiced (2Tbsp lime Juice)
- 1-2 Roma Tomatoes, small diced
- 1/3 cup red onion, small dices
- ¼ cup chopped fresh cilantro
- 1 medium serrano chili or jalapeno pepper, seeds removed, diced
- 3 cloves garlic, minced
- 1 ¼ tsp garlic salt (more or less to taste)
- 1 ¼ tsp ground cumin
- ½ tsp Mexican oregano
- Few dashes of hot sauce
- Salt and pepper to taste



Directions:

1. Cut the avocados in half and remove the pits. Scoop the avocado flesh into a mixing bowl.
2. Use fork or potato masher to mash until the avocado is chunky smooth. Immediately add the lime juice.
3. Add the remaining ingredients, mixing until well combined.
4. Press plastic wrap on top and store tightly sealed until ready to serve.
5. Serve with tortilla chips or vegetables for dipping.

DID YOU KNOW???

Rock Run Physical Therapy is ranked in the top 4% of Physical Therapists across the Country and Canada for treating your Back/Lumbar Spine?

TOP 4%!!!! That is coming from our past patients. We use a system called FOTO that has our patient's answer questions about their pain level, activity level, treatment and improvement throughout their entire care.

Here's how the FOTO rankings work.

- Data adjusted over 10 risk factors for accurate comparisons
- Reports by clinic, clinician and impairment
- International benchmarked comparisons for effectiveness (improvement) and utilization (improvement per visit).
- 3,400 + clinics and over 15,000 + clinicians are participating
- 11 million patient assessments
- Clinics in all 50 states and Canada



Come to our next low back pain workshop to see why we are so successful or if someone you know suffers from back pain, go to RockRunPTR.ptworkshops.com/Syracuse/workshop to register.

PATIENT TESTIMONIAL

We first met Larry at one of our Low Back Pain and Sciatica Workshops. He had been having pain down his leg for some time and was ready to fix the problem. Here is what he had to say: "Before coming to Rock Run my life was filled with shooting pain from my hip to my foot while standing, sitting, bending, and laying down. My wife sent me to one of Brandon's seminars on back pain. The staff here is caring and want to see you live pain free. Now there is almost no pain as I work, sleep, sit and bend.

This has truly changed my life."
Way to go Larry!





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5991 South 3500 West, Suite 300
Roy, Utah 84067

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



RANDOM FACT

Physical Therapy can reduce an athlete's risk of injury by 41%!

(American Journal of Sports Medicine, August 2008)

