



# Rock Run Physical Therapy **Revue**



## STAYING FIT AND COOL THROUGH THE UTAH SUMMER

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Staying Fit & Cool Through the Utah Summer

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### 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

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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

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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 jalapeño 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](http://RockRunPTR.ptworkshops.com/Syracuse/workshop) to register.

## PATIENT TESTIMONIAL

Don came in to see us and was suffering with low back pain and the pain was traveling down his left leg. He had seen a chiropractor a couple of times and had no change in his symptoms. His doctor recommended that he come to physical therapy and when he came in to our clinic he was having pain that was making him unable to walk or stand for very long. He works in the temple and was unable to stand to do his work, because the pain down his leg was so severe. After his first visit of PT, he reported feeling significantly better and after 7 visits, he was discharged from therapy with a home exercise program and was able to walk and stand as long as he wanted without problems.

Here's what Don had to say about his experience at Rock Run: "I came a little skeptical, but found after my first treatment a drastic improvement and relief from the leg pain. I am amazed at how much better I feel. I would definitely recommend Brenda to anyone with a similar problem. Thank you so much Brenda! You gave me my life back and I feel wonderful!"

Keep up the good work Don!

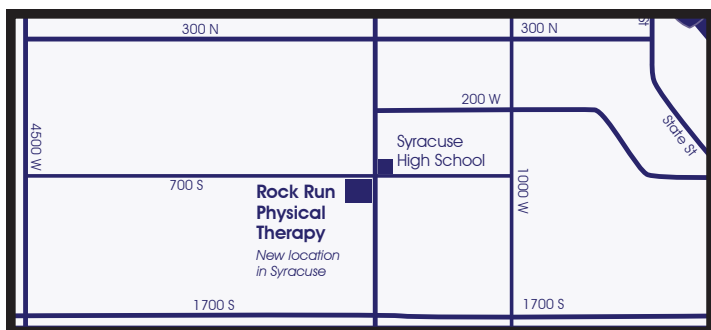




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## RANDOM FACT

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

(American Journal of Sports Medicine, August 2008)

