

ADVANCED

HEALTH QUARTERLY

Chris Byers
Co-Owner of Advanced Rehab

Holiday
Traditions

TO: YOU & YOURS
FROM: US

THE TEAM'S
HOLIDAY RECIPES

THE 101 ON
DIRECT ACCESS

Fall/Winter 2018



ADVANCED
Rehab & Sports Medicine Services

www.advrehab.com

Snag an Idea & Put Your Family's Twist on It

We embrace family at Advanced and Cottage Rehab. We not only support our patients' becoming pain free so they can get back to enjoying life with those they love, but we also enjoy getting to know and spend time with our team members' families.

Since the holidays are truly about spending time with loved ones, we thought we'd share some of the team's family traditions. And we give you full permission to snag an idea if you think it will bring laughs to your annual family celebrations!



"Price's Ping-Pong Palooza"

On New Year's Day, we host a family ping-pong tournament. Everyone picks an intro song that they come out to, dancing to the table and getting a hard time from the competition. To take it to the next level, everyone also dresses up in costume to go with their song. Last year, Doug dressed as Barry Gibb dancing in to "Jive Talkin'."

Doug
Monmouth Clinic

Kick Off the Gift-Giving Early

Growing up, we celebrated St. Nicholas's Day, which is December 6th. Melissa and her three brothers would always forget about it but when we opened the door to catch the bus, there would be small packages of candy, gum and a small toy for each of us. My grandma and grandpa did this anonymously- they would never fess up, even when I was older. They even made the 3 hour trip when I was married and delivered small gifts for my husband and me to my doorstep. They have since passed, but I will always be thankful for their thoughtfulness and the excitement they brought to our home each year.



Melissa
Galesburg Clinic

Sweet Memories

Each Christmas Eve, Holly's family takes on the cold and have a 4-square tournament in my parents garage. But don't worry! Before then we make plenty of cookies with my mom to enjoy once back in the warmth!



Holly
Galesburg Clinic



Samantha
Aledo Clinic

Celebrating throughout the Season

Samantha's holiday tradition starts Thanksgiving night. We put up our tree, decorate our house, and watch "The Christmas Story."

We also have an Elf named Mr. BoJingles, and he is very ornery, moving all around the house!!

On Christmas Eve, the girls sprinkle Grinch repellent outside. We get out my old plate from childhood, and leave cookies and milk for Santa along with reindeer snacks. Then we hunker down to track Santa with the Santa tracker until bedtime.



Sweet Memories

Joy's tradition on Christmas Eve is to eat Christmas dinner before opening a present from our elf and reading "Twas the Night Before Christmas." My daughter, Asher, gets a new pair of magical pajamas from the Elf every year! He sprinkles some type of sleepy dust on them to help her go to bed before Santa arrives.



Joy
Aledo & Kewanee Clinics

WHAT DOES IT MEAN FOR YOU?

Direct Access 101

The state of Illinois now has Direct Access to Physical Therapy! The law was passed on August 16, 2018.

The bill allows you to see a

**PHYSICAL THERAPIST
FOR AN
EVALUATION
& IF NECESSARY
TREATMENT
WITHOUT SEEING A DOCTOR FIRST.**

If you are in pain or are injured, you can come see a licensed physical therapist directly. You do not need to be referred by a physician.

Our licensed physical therapists are qualified to help guide you to a specialist or test if needed. Studies show that patients who access physical therapy sooner after an injury have quicker recovery times.

INSURANCE PLANS

Advanced Rehab and Cottage Rehab accepts most major insurances and local insurances. No one likes surprises. That's why we pre-certify, so you know what your co-pays or deductibles are before your first appointment.

PHYSICIAN RELATIONSHIP

Advanced Rehab and Cottage Rehab still value the patient-physician relationship, and we will communicate with your physician regarding our therapy plan for you.

AVAILABILITY

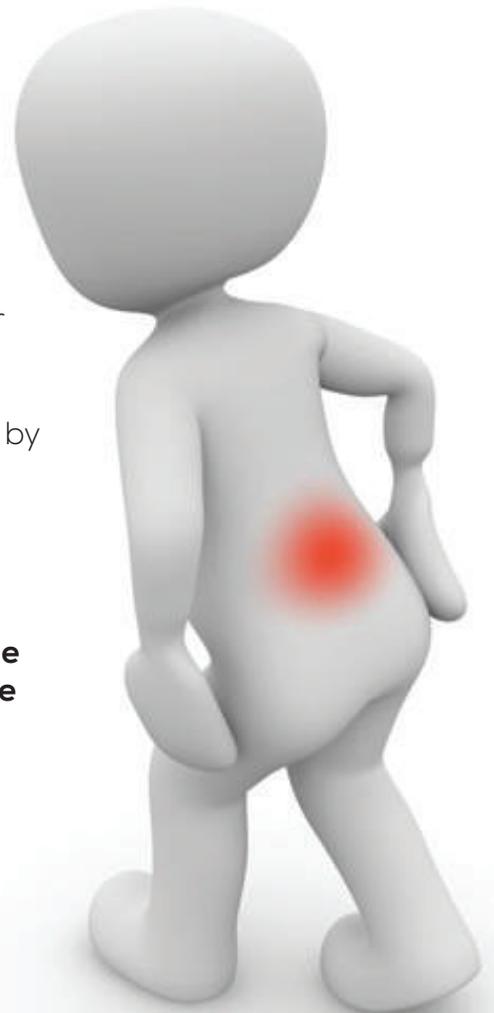
We will do our best to get you in as soon as 24-48 hours after your call. Our goal is to help relieve you of pain as soon as possible.

If you have questions whether the pain you have should be treated by a physical therapist, please reach out to your local clinic.

TAKE CONTROL.

Call today to get rid of pain and get back to your normal activities. If you or someone you know is experiencing aches and pains, find the clinic in your community on the back page of this newsletter and give them a call.

Schedule your consult with a licensed physical therapist to see if a personalized treatment plan can help. "What do you have to lose except your pain?"



The Sweet Sound of Success

Patients share their Advanced Rehab and Cottage Rehab stories.



Scott & Megan
Macomb Clinic

Brianna S.

After being in a rollover car accident, I suffered a T-4 spinal compression fracture. My life was turned upside down. I was having to change careers, struggling to take care of myself and living in constant pain. Even though I was nervous about starting physical therapy because I was still in so much pain, I jumped in with both feet.

The first little bit was rough as my body learned how to relax and move again. There were good days, bad days and just okay days, but I kept at it! Before long, every day was about gaining strength and not trying to control pain! The many therapists here have worked together to make the best treatment plan I could have asked for. Today, I am completely pain free, able to go back to my heavy-lifting job, and in better overall shape than before my accident. Thank you Advanced Rehab!

Elva C.

Before starting therapy, I felt dizzy at times and felt sort of disoriented. Today, thanks to the team at Cottage Rehab, I don't have dizziness and feel good!

I can bend over to do yard work again. I can even get out of bed without having to sit up for awhile to get over the dizziness.



Theresa
Galesburg Clinic

Ellen Culpepper

I "graduated" from Advanced Rehab's Bloomington clinic with a 100% completely recovered shoulder. The warm therapy (and cheerleading!) team kept me looking forward to the interesting and varied sessions. They really know their stuff! I learned so much about how my shoulder works and what to do to keep it healthy. It was a great experience!

Have your own Advanced Rehab or Cottage Rehab story?

Share a photo on our Facebook page. We'd love to hear more about your successes after therapy!

COMFORT FOOD IN THE COMFORT OF HOME

Recipes from Our Family to Yours

When it gets cold outside, we turn up the heat in the kitchen! Enjoy some of our team's favorite recipes this holiday season.

Pumpkin Pie Bread

INGREDIENTS

- 3 1/2 c. flour
- 1 tsp. baking powder
- 3 tsp. pumpkin pie spice
- 1 c. vegetable oil
- 1 (15 oz.) can pumpkin puree
- 1/2 c. water
- 2 tsp. baking soda
- 1 tsp. salt
- 3 c. white sugar
- 4 eggs

HOW - TO

1. Preheat oven to 350° and grease two 9x5 inch loaf pans.
2. Stir together flour, baking soda, baking powder, salt and pumpkin pie spice. Set aside.
3. In a large bowl, beat together sugar, oil, eggs and pumpkin. Stir in flour mixture alternately with water.
4. Divide batter evenly between the pans.
5. Bake 60-70 minutes or until a toothpick comes out clean from the middle.

TIP: For best flavor, store in plastic wrap at room temperature for a full day before serving.



Chris
Owner

Sweet Potato Casserole

INGREDIENTS

- 1 large can sweet potatoes
- 1 c. sugar
- 2 eggs
- 1/2 c. melted butter
- 1/2 tsp. nutmeg
- 1/4 tsp. cinnamon
- 1 c. carnation evaporated milk

HOW - TO

1. Preheat oven to 350° and grease a 9x9 inch baking dish.
2. Mash potatoes in large bowl.
3. Mix in remaining ingredients and pour into prepared dish.
4. Bake for an hour and serve hot out of the oven.



Dan
Macomb Clinic

Try it out? Show us how it turned out!

Share a photo of your creation on our Facebook page. We'd love to see you and your family enjoying our favorite treats!

Be Ready to Face the Cold on All “Fronts”

Winter weather can impact your safety in a variety of ways. Do your due diligence like the man in the red suit, and make sure you’ve checked this list twice.

In the Car

- Brakes should provide even and balanced braking. Also check that brake fluid is at the proper level.
- Make sure your tires are properly inflated. Check for proper tread depth and ensure there are no signs of damage or uneven wear.

On the Driveway

- Take frequent breaks in warm areas when shoveling snow.
- Warm up before shoveling.
- Keep your back straight, lifting with your legs and not twisting your upper body.
- Scoop small amounts of snow at a time, and try pushing snow instead of lifting it.

On the Sidewalks & In Parking Lots

- Wear proper footwear when walking on snow or ice is unavailable.
- Take short steps and walk at a slower pace so you can react quickly to a change in traction when walking on ice or slush.

In the Home

- Clear rain gutters. Repair roof leaks and cut away tree branches that could fall on a house during a storm.
- Keep pipes from freezing by insulating them with insulation or newspapers and plastic. Then allow faucets to drip a little during cold weather.
- Learn how to shut off the water valves in case a pipe bursts from the cold.
- Hire a contractor to check the structural ability of the roof to sustain unusually heavy weight, especially for flat roofs whose drains could get blocked.

Extend the Life of Your Fuel

- Insulate walls and attics
- Caulk and weather-strip doors and windows
- Install storm windows or cover windows with plastic

In the Winter Storms

- Make a family emergency plan, so everyone knows what to do and where to meet when disaster strikes.
- Listen to local weather channels to stay informed.
- Minimize travel and bring pets inside during snow storms.

Car Emergency Kit

- Cellphone or two-way radio
- Windshield scraper and snow brush
- Flashlight with extra batteries
- Shovel
- Tow chain
- Traction aids (bag of sand or cat litter)
- Emergency flares
- Jumper cables
- Snacks and water
- Road maps
- Blankets and a warm change of clothes



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HEALTH QUARTERLY

PHYSICAL THERAPY FOR

Neck | Back | Shoulder | Headaches
Hip | Knee | Ankle | Heel | Hand | Wrist & Elbow
Pre & Post Orthopedic | Women's Health
Vertigo & Balance Disorders | TMD

visit us at
www.advrehab.com



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THINGS TO KNOW

Get A Free Pain Consultation

1. You are in pain.
2. Come see us for a FREE consultation.
3. If our licensed PT determines physical therapy will benefit you, we will work with your doctor to get a referral.
4. We will pre-certify your health insurance.
5. As a team, we will begin your journey to becoming PAIN FREE.

Like Us on Facebook

Advanced Rehab & Sports Medicine is proud to bring you:

- Patient Success Stories
- Health (and Taste Bud) Conscious Recipes
- Community Event Updates
- Physical Therapy Issue Education



Chat with Us



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