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**ARROW REHABILITATION**  
*Aiming For Independence*  
14 Office Park Drive, Suite 8  
Palm Coast, FL 32137

**ARROW  
REHABILITATION**  
**AIMING FOR INDEPENDENCE**



**Call Today:**  
(386) 447-0011

• Physical • Occupational • Speech  
**Therapy**

**QUESTION CORNER**

*What letter does the birthstone for August begin with?*

- A. O
- B. R
- C. E
- D. P

Circle your best answer and mail it in or drop it off to be picked for the prize.

Name: \_\_\_\_\_

You can also e-mail your answer to : [arrowrehab@bellsouth.net](mailto:arrowrehab@bellsouth.net)

**July Winner: Kathleen Ruff**





# Physical Therapy

Your muscles heal differently than your bones. A fractured bone tends to heal so thoroughly that it will actually become stronger than before the fracture! Your muscles, however, do not "heal" with muscle tissue but with foreign substances including collagen.

The result is scar tissue that is less elastic and prone to re-injury. Once a muscle is damaged, it can become a source of pain. Sprains and strains of the muscle tissue is often poorly diagnosed

and inadequately managed with painkillers and rest.

What your body needs, is a trained physical therapist to help re-align the collagen fibers with the surrounding muscle fibers.

Our bodies want to naturally lay down these collagen fibers in a haphazard way causing a weakened area in the muscle if left untreated. With early intervention, your therapist will prevent this from happening by using a soft tissue release technique; thus, correcting muscle

and scar irregularities, and allowing you a speedier recovery.

Once the pain and inflammation is managed, then the area can be progressively strengthened to return you to all of your hobbies and normal daily activities. If you're experiencing pain due to any of the following conditions, soft tissue release techniques will help: sciatica, whiplash, back pain, sports injuries, tendonitis, rotator cuff injuries, plantar fasciitis, and frozen shoulder.

# Occupational Therapy



We do our best to educate you and health care professionals that Occupational Therapy can improve people's lives and help caregivers meet their needs when caring for others. The one area that is left out, is the caregiver and what it takes to manage your time while helping your loved one.

If you are caring for a loved one and at times feel resentment, guilt or anger and tend to overreact to minor issues,

you are not alone. You are caring for someone you love, why are you having these feelings?

If who you are caring for is always complaining about their aches and pains you will be the effect of that at some point. You will have questions about Occupational Therapy and what we do to help solve these issues. Call me and I will personally discuss if OT is for you.

# Speech Therapy

## Dysphagia

Dysphagia is a chewing/swallowing difficulty that our speech therapists can treat.

This occurs when there is a problem with any part of the swallowing process from the mouth to the stomach.

Dysphagia affects as many as 15 million Americans, with approximately 1 million diagnosed annually.

Dysphagia will develop in 1 in 17 people at some point in their life, including:

50% to 75% of stroke patients  
As many as 50% of all Americans over 60 will experience the disorder at some point.

## Dysphagia Warning Signs Checklist

Complaint of difficulty  
Eating or swallowing  
Choking on or drooling his/her saliva  
Speech is slurred  
Frequent coughing or choking during or after eating/drinking  
Repetitive pneumonia  
Chronic respiratory distress



The month of September will be "Refer a Friend" month. Look for your friend referral card in the mail. This will qualify you for a drawing held September 30th.