

*"Aiming for
Independence"*

February Newsletter

Arrow Rehabilitation

Physical Therapy

Occupational Therapy

Speech Therapy

Happy Valentines Day!!!!!!!!!!!!

Well, we are under way in the new year and as many of you have noticed we have moved into the paperless age. Yes, we installed a new computer system in January. This move will only enhance our compliance with the Electronic Medical Record (EMR) guidelines. We went to great lengths to be HIPPA compliant and have installed a totally separate network server that only holds our medical records. So it will reduce the risk of outside hackers from getting into our system.

So in the future you may see a different billing statement regarding your account. If you have questions please contact the office to speak with Sandy in our Finance Division.

We want to thank you all for being a client of Arrow and welcome any new potential clients you know who can benefit from the same outcomes you have received since coming to us. So when you are talking to others about those aches and pains feel free to mention us and our consultations services.

Remember to take care of your back in this colder than usual climate we are experiencing. Moist heat, heating pads and stretching are a great way to stay limber and reduce your risk of injury. Here are some easy tips before starting outdoor sports activities:

- Allow for extra warm up time
- Hold Stretch a little longer
- Take a walk before starting
- Do gentle rotations of the trunk (back) with your golf club or tennis racket.
- Remember to get the blood flowing and be warmed up prior to starting!!!!!!



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This Month's Success Story

"I want to thank you for a wonderful experience spent at your facility. There were times that I was ready to give up, but thanks to your diligence and patience you were always there to help me. My knee is on the way to complete recovery due to your therapy. I would highly recommend Arrow Rehabilitation to anyone who needs Physical Therapy. Thank you again for having faith in me. I appreciate your efforts and encouragement." J.S. Feb. 2010

Set your
goals high
in 2010

Question Corner

Who was the winner of the first Daytona 500?

- A. Fireball Roberts
- B. Junior Johnson
- C. Bill France
- D. Lee Petty

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

We want to thank all of you for your friendly referrals this year. Please keep them coming. Our success stories are from referrals you provide. Isn't it great to help others improve their health? Thank you from the team at Arrow Rehabilitation!!!

**FLAGLER PLAYHOUSE PRESENTS
NEIL SIMON'S**

"THE PRISONER OF SECOND AVENUE"

March 5,6,12,13,19,20,26,27,at 7:30p.m.

March 14 & 21 at 2:00p.m.

Call 386-586-0773 between 10:00 and 2:00

Weds,Thurs., Fri. for tickets!

**Our very own Jim Bowe is playing the part of
Harry in this production!**

This is a courtesy advertisement provided by Arrow Rehabilitation

All of our newsletters are now available to view online at our website. If you would like to begin receiving them via email, call us at (386) 447-0011. Visit www.arrowrehab.com today!

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