

# ARROW REHABILITATION AIMING FOR INDEPENDENCE



NEWSLETTER

JULY 2009

We hope everyone had a fun-filled Independence Day weekend. It was great seeing so many patients joining our festive week dressed in red, white and blue!

## VOTE FOR ARROW!

Vote for Arrow Rehabilitation as your #1 physical therapy center! Last year, News-Tribune readers deemed us as Flagler County's best physical therapy outpatient clinic. On July 25<sup>th</sup>, the News-Tribune will distribute a "Readers' Choice Ballot Section" to its subscribers to vote for your favorite businesses. Be sure to choose Arrow two years in a row!

## PATIENT TESTIMONIALS

"I've been pretty faithful with my exercises since I graduated from Arrow Rehab. Sometimes I had trouble walking very short distances without severe pain. I've now been hiking for about two months and I'm pleased with what I've accomplished. I've done two hikes over 8.5 miles each and one of them is the steepest road hike in Acadia National Park. I've been feeling so well now that I cancelled my scheduled back steroid shots. Hopefully, I can do without them and I know the only way to make that happen is to be faithful with the exercises and hiking." C.K.

## REPLACE YOUR MEDICATIONS

Are you tired of taking too many medications? Come in and try physical therapy to relieve your pain! Physical therapy can improve naturally occurring dysfunctions such as chronic pain and fatigue, balance or mobility problems, arthritis and many more conditions. It focuses on health, fitness, and overall wellness by using non-invasive techniques and devices to promote healing and restore health. We offer a FREE assessment of your present situation!

## EAT SMART, FEEL GOOD

Most people aren't exactly sure what a balanced diet means. Follow these few, simple guidelines to help achieve a more nutritious lifestyle:

- Increase consumption of fruits, vegetables, whole grains, & nuts
- Limit the intake of salt/sodium & make sure it is iodized
- Eat meat (not too much red) to provide a sufficient amount of protein
- Don't over consume carbohydrates such as pasta, bread, cereal, & potatoes
- Always include time in your day for exercise whether it be a brisk walk or an aerobics class

An unhealthy diet can lead to high blood pressure, diabetes, obesity, cardiovascular diseases and cancer. Treat your body right for a long, prosperous life!

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**Question Corner**

Where did Jim and Sandy go on their vacation?

- a. Arizona
- b. Bahamas
- c. Canada
- d. Dominican Republic

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!!!

WNZF NewsRadio – Cindy Turner  
2405 E. Moody Blvd., Suite 402  
Bunnell, FL 32110  
1550 AM ♦ 106.3 FM  
Call: (386) 437-1992 ext. 209

\*This is a courtesy advertisement provided by Arrow Rehabilitation\*

**Check out our website at [www.arrowrehab.com](http://www.arrowrehab.com)!**

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