

ARROW REHABILITATION

AIMING FOR INDEPENDENCE



NEWSLETTER

June 2009

NEW STAFF UPDATES

Our occupational therapy team has expanded with Alexis Flores joining us. He is a recent Occupational Therapist graduate from the University of Florida. Alexis was born in Lima, Peru and moved to Florida in 1997. Now residing in Palm Coast, he enjoys playing tennis, working on his car, and auto crossing. Come in to meet our newest staff member!

PATIENT TESTIMONIALS

“Since the surgery was performed 3 weeks ago, I’m about 98% pain free. Evidently the pain I experienced pre-op was caused by the bone spur that was removed. The rehab therapy and exercises were great and I’ve regained more flexibility and range of motion than I had before the surgery. Rehab is hard work and it’s worth the effort. The staff at Arrow is great and I appreciate their professionalism and encouragement.” B.R.

“Since falling and breaking my right clavicle, I have had varying degrees of discomfort and pain. A steroid injection gave me good relief, but didn’t last long. Too early for another shot, I started therapy at Arrow. My shoulder was stiff, painful, and had poor range of motion. As therapy continued, all of my symptoms began to improve and I can move my arm higher and freer and balance more. I plan to continue the exercises and find further improvement.” W.M.

REFRESHING RECIPE

What’s a better time to start enjoying fresh fruits and vegetables than during the summer months? Fruits and vegetables are loaded with vitamins, fiber, and potassium. Summer is the best time to explore your grocery store or farmer’s market to find locally grown fruits and vegetables in-season. Apricots, cherries, grapefruit, grapes, melons, and peaches are just a short list of fruits available now; beans, cabbage, carrots, corn onions, peppers, and tomatoes are best during May-August. Try this invigorating, healthy drink recipe all summer long!

Ingredients

- 4 cups drinking water
- 2 cups fresh fruit (anything you like!)
- ¼ cup sugar
- 2 teaspoons lemon or lime juice
- a lemon or lime wedge

- 1.) In a blender, combine water and fruit and puree until smooth.
- 2.) Pour mixture through a sieve into a pitcher.
- 3.) Stir in lemon or lime juice (whichever you prefer) and sugar.
- 4.) Garnish with a lemon or lime wedge.

ENJOY!

Question Corner

What exercise was specifically mentioned in May's newsletter?

- a. Aerobics
- b. Pilates
- c. Swimming
- d. Yoga

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 spring. Please keep them coming. Our success stories are from referrals you provide. Isn't it great to help others improve their health?

Last month we had numerous replies from our newsletter question corner. Congratulations to Bernice Grosso for winning the prize with her correct response!

Thank you from the team at Arrow Rehabilitation!!!

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