

ARROW REHABILITATION

AIMING FOR INDEPENDENCE



NEWSLETTER

MAY 2009

"As the heat rises, so should the amount of your liquid intake!"

All of us at Arrow would like to thank everyone who came out to our Cinco de Mayo party! It was a huge success and the highest attended customer appreciation night ever.

Monday, May 25th Arrow will be closed in observance of Memorial Day. We wish you and your families a happy and healthy, long holiday weekend!

NEW STAFF UPDATES

Our team here continues to grow with Blair Brown on board as our Public Relations Director. She will be working around the community, staying in contact with patients, and visiting with local physicians. Blair is a recent graduate of the University of Florida earning a marketing degree. She enjoys water sports, spending time with her family and friends, and of course loves the gators! Stop by and say "hello" to our new staff member!

PATIENT TESTIMONIALS

"What a special place Arrow is. The staff is always in a cheerful and encouraging mood. They are willing to push patients to get maximum results. The staff has a knack for recognizing patient needs and adjusts their therapy accordingly. I am very pleased with

their professional expertise and I would give them an A+." T.G.

"When I first began PT, I was doubtful that it could help. After a few sessions, my therapists found what was preventing me from walking. They worked on loosening my knots and regaining flexibility in my foot/ankle. I am not "normal" yet, but it's a lot better than when I began therapy." B.S.

A HEALTHY MIND, BODY, AND SOUL

Exercising increases a person's life span. Research proves this and I'm going to tell you how simple and fun exercise, specifically yoga, can be. In order to get your body going, your mind has to be in a positive place. Start slow, as little as 5 minutes each day will build your endurance so you can get stronger and one day continuously move for 30 minutes, or even more! Yoga is fascinating because it both relaxes and energizes. Iyengar yoga, great for beginners and the elderly alike, uses props to perform different postures. It focuses on body alignment and builds strong legs, improves circulation, coordination and balance, and regulates breathing. It targets inflexible or injured areas and is useful in physical therapy. Yoga is such a healthy, complete form of exercise that you can do it until you're 100! Call us to learn more about how yoga can work for you.

Question Corner

What nationality is Vicki?

- a. Czechoslovakian
- b. Russian
- c. Polish
- d. Dutch

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

A big thank you goes out to Sam Cousino for being one of our highest patient referral sources ever. We also 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!!!

Pro Fit Shoes – Owner Ben Watkins
10 Cypress Point Parkway # 101
Palm Coast
Back Pain? Foot Pain? Knee Pain?
Call: 386-597-1890

*This is a courtesy advertisement provided by Arrow Rehabilitation

Next month we're bringing back our "Guess Who?" game. Come see who looks the same and who doesn't!

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