

ARROW REHABILITATION

Aiming For Independence

14 Office Park Drive, Suite 8
Palm Coast, FL 32137

Pre Sort Standard
Postage PD
Permit 411
Palm Coast, FL



www.arrowrehab.com

or Current Resident

QUESTION CORNER

What Beatles' song is 7 minutes 11 seconds long, and hit #1 on September 28th, 1968?

- A. Help!
- B. Hey Jude
- C. Penny Lane
- D. Yesterday

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

August Winner: Denise Anderson

Refer a Friend

Do you know of anyone who is in pain and experiencing difficulties with their daily activities? If the answer is yes, you can do something about it! Refer them to Arrow Rehabilitation. We want to help as many people as possible return to their normal lifestyle and to the activities they love.

September is refer a friend month. For the entire month, your name will be entered into a drawing for a free one-hour massage for every person you send to the clinic for services with the referral card in hand. So, what are you waiting for? Reach out and help someone! The drawing will take place September 31st, 2010.

Good Luck and thank you for your participation!



The truth about joints

The how to on easing your joints and recovery time.

Joint dysfunction can be caused by poor posture, trauma, spinal disease, or congenital problems. Left untreated, joint dysfunction can affect the surrounding soft tissue and may lead to a loss of strength and flexibility and pain with movement.

Mobilization is a hands-on manual therapy designed to restore joint movement, strength, and mobility. The therapist gently coaxes joint motion by passive movement within or to the limit of a joint's normal range of motion. The therapist's movement of the joint is very precise and is limited by the amount of joint play.

Myofascial release, or soft tissue mobilization, is a therapy used to release tension stored

in the fascia. Fascia are sheets of fibrous tissue that encase and support muscles separating them into groups and layers.

Fascia also covers joints, capsules, and ligaments. Following trauma, the fascia and muscles may shorten restricting joint movement and blood flow.

The techniques used in myofascial release break up fascial adhesions and relaxes muscle tension helping to normalize physical motion within the joint capsule.

At Arrow Rehabilitation, our therapists are trained to assess joint play and fascial restrictions. By addressing these issues as part of treatment, it allows for speedier, more effective recovery.



Introducing... Gina!

Gina Marie Masbad, M.S., CCC-SLP

Education:

BS in Speech-Language Pathology and Elementary Education, Minot State University, 1988

MS in Speech-Language Pathology, Minot State University, 1989

Biography:

Gina began her career as a speech language pathologist in 1989 at an in-patient rehabilitation hospital in San Antonio, TX.



It was in this setting, where she worked with adults with neurologic impairments honing her expertise in facial muscle strengthening and cognitive rehabilitation. Early in her career, Gina moved with her family to Palm Coast, Florida where she has worked in a variety of settings including an out-patient

rehabilitation facility, elementary schools, private practice, and skilled nursing facilities. In addition, Gina and her husband, Ray owned and operated their own out -patient rehabilitation clinic where she specialized in children with a variety of neurological and language disorders such as autism, auditory processing disorders and reading difficulties. Specifically, Gina's areas of expertise include Childhood Apraxia of Speech (CAS), language development in preschool children, voice disorders and adults with neurological impairments.

Gina has been married to Ray for 20 years. They have three children; Stephen (17), Daniel (14), and Sarah (10) all of which they home educate. Gina's hobbies include hiking, cooking and camping with her family. Every weekend, Gina and Ray pastor a church for homeless and street people in Daytona Beach, FL.

Survey on Social Media

How often do you use any or all social media channels?

Please take this breif survey so that we know how to better reach and communicate with you. To submit your survey you can either tear off this section or e-mail:

info@arrowrehab.com.

Do you use social media to select where you do business?

- I don't use social media.
- I only use social media to chat with friends and family.
- Yes, I like reading what people write about the business.
- Yes, I'm a member of facebook.

The Stroke Support Group of Flagler County

If you – or someone in your family – are recovering from a stroke, you may feel like you are the only one trying to understand the immense changes in your life.

And now there's a safe place to share those feelings. Stroke support groups offer survivors and family members a way to understand those changes and enrich their lives after a stroke.

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Be assured that others

The Stroke Support Group of Flagler County – Our Journey of Hope will have

For more information call (386) 586-3866 or (386) 447-0011.

PHYSICAL THERAPY TESTIMONIALS

After therapy I now have less pain in my legs and knees. I am also able to walk longer distances, and I'm able to get up and down from my bed and chairs without discomfort.

-WS 8/9/10

My range of motion has increased from 90 to 95%. From the day I started I noticed my progress and now I can do most things with absolutely no pain at all! Now I can go back to playing golf, thank you!

-TP 8/18/10

Everyone at Arrow is caring and kind and I don't feel like I'm being cared for by robots. If I could I would move in. The atmosphere is always upbeat and I leave feeling taller, more capable, and just great emotionally.

-WS 8/10/10

Therapy has taken me from barely able to lift or bend my legs to almost complete mobility. This has certainly been a life changing experience all thanks to my therapists.

-AD 8/12/10

My arthritic neck is some what more flexible now and I can hold my head erect for 20 - 25 minutes straight. This is a huge improvement from the only 5 - 10 minutes that was my limit. I can also now turn my head to the right (which is the side with the most discomfort and pain) further than ever before.

-EG 8/16/10

The occupational therapy I am now taking is outstanding. It should be designated "Continuing education for daily life." Executing daily tasks such as tying shoes, buttoning blouses, putting on earrings, folding wash and many more activities were very automatic before I was diagnosed with Parkinsons. I am very thankful that I had the opportunity to be instructed by such caring and experienced staff. The therapy is making my life better.

-PM 8/6/10