

# ARROW REHABILITATION AIMING FOR INDEPENDENCE



Newsletter

September 2009

## News and Events

We hope everyone enjoyed Labor Day weekend! It's great being able to recognize all our hard work with a relaxing day off.

Thank you to all our friends who came to Dr. Parkhurst's seminar. We had a great turnout and hope it was as enjoyable as it was informational!

Arrow Rehabilitation won the News-Tribune's Readers' Choice Award as the Best Physical Therapy Clinic in Flagler County for the second year in a row! A big thanks goes out to everyone who voted for us!

### **"Patient Appreciation Day"**

Mark your calendars for the annual Oktoberfest celebration! This event gives us a chance to get together outside of therapy. Food and drinks will be provided during this fun evening.

When: Friday, October 23<sup>rd</sup>, 2009

Time: 5:00P.M. – 7:00P.M.

Where: 14 Office Park Dr., Suite 8

Please R.S.V.P. to (386) 447-0011



## Patient Testimonial

"Dear Dr. Northrup, I'm sure you're an excellent surgeon, however, I may never have to find out. After diagnosing my "frozen" shoulder, you did the most wonderful thing for me, you sent me to therapy with Lynn and the excellent staff at Arrow Rehab. After just one visit, I slept through the night with minimal discomfort – something I hadn't done for three months! Now, a dozen sessions later, I've regained almost complete range of motion and have been able to resume normal day-to-day activities. Thank you for your referral to Arrow! It was the best medication for me!" K.L.

## Festive Fall Wreath

Now that fall is almost upon us, it's time to start decorating. Here is a fun, quick project that you can admire anywhere in your house!

### *Materials*

-grapevine wreath    -24 gauge wire  
-hot glue gun        -fall leaf garland  
-paper ribbon tied in a bow

### *Instructions*

- 1.) lay garland on vine wreath and attach it with wire (or hot glue gun) at 6" intervals
- 2.) attach the bow to the top with wire
- 3.) use the hot glue gun to attach pinecones, sticks, or cranberries
- 4.) Hang and enjoy!

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**Question Corner**

How many children does Christina have?

- a. 0
- b. 1
- c. 2
- d. 4

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

Congratulations to Michelle Cortina for winning last month's newsletter prize! The correct answer was Lynn's dog is named Ziggy. 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!!!

Las Palmas – Independent Retirement Living  
70 Town Court  
Palm Coast, FL 32137  
Gwen Redman – Community Sales Leader  
Call: (386) 447-3667

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

These monthly newsletters will soon be available to view on our website, so visit [www.arrowrehab.com](http://www.arrowrehab.com) and check it out!

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