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Join us for Brett's Run!

Northern Rehab will be at Brett's Run, being held at the Genoa-Kingston High School on June 19th, for post-race stretching and exercise and physical therapy related tips. The proceeds from the run benefit the Brett Kubasiak Scholarship Fund.

Whether you're participating in the race or just watching the runners, be sure to stop on by if you have any questions!



Guidelines for Purchasing New Footwear

Why is the right footwear important?

One in every six persons (more than 43.1 million Americans) has foot trouble, mostly from poor-fitting shoes. We are all susceptible to foot and ankle injuries, but we can reduce our risk of injury by wearing properly-fitting shoes that conform to the natural shape of our feet. The American Academy of Orthopaedic Surgeons has developed tips to help people reduce their risk of foot problems. Use this guide when shopping for a new pair of shoes:

- Try on new shoes at the end of the day. Your feet normally swell and become

larger after standing or sitting during the day.

- Shoes should be fitted carefully to your heel as well as your toes.
- Fit new shoes to your largest foot. Most people have one foot larger than the other.
- Try on both shoes.
- There should be 1/2-inch space from the end of your longest toe to the end of the shoe.
- When the shoe is on your foot, you should be able to freely wiggle all of your toes.

- Walk around in the shoes to make sure they fit well and feel comfortable.
- Women should not wear a shoe with a heel higher than one inch.
- Most high heeled-shoes have a pointed, narrow toe box that crowds the toes and forces them into an unnatural triangular shape. As heel height increases, the pressure under the ball of the foot may double.

Remember that however appealing those high-heel, high-fashion shoes are, your feet need to carry you around for a lifetime. Treat them kindly!

Healthy Grilling Tips Keep You Swimsuit Ready

Use olive oil instead of cooking spray on the grill. Use fat free/ low fat vinaigrettes as a last minute marinade for meats or grilled vegetables. Grill onions sliced crosswise and held together with a toothpick when grilling your meat or fish. Chop up leftover onions and add to egg whites the next morning for a healthy breakfast. Make veggie skewers

with eggplant, zucchini, bell peppers, mushrooms and cherry tomatoes, they will cook at the same rate on the grill. Wrap medium raw asparagus spears in a thin slice of lean turkey breast and grill for 3 minutes. Salmon, halibut and mahi mahi are great and easy grilling choices as well.