

Newsletter

October/November 2007

DID YOU KNOW?

October brings falling temperatures, tumbling leaves, and masses of children saying Trick-or-Treat, but did you know that October is National Physical Therapy Month? This is your chance to get more insight into the PT profession and learn more about the method behind the madness. The therapists of Northern Rehab are giving talks around the community to increase awareness of what Physical Therapy is all about. Below is the schedule of planned events that you are invited and more than welcome to attend.

- KYFL on October 18th
- Sycamore Rotary on October 24th – Topic: dodgeball injury prevention
- Farm Bureau on November 5th
- Genoa Woman's Club
- Genoa Chamber
- YMCA
- Kishwaukee Rotary Topic: dizziness & balance with the elderly.
- Family Service Agency on Oct. 17th – Topic: Caring for

disabled family members.

- Masters Swim Team – Topic: shoulder injury prevention/performance enhancement
- **all topics & times subject to change

DODGEBALL

Northern Rehab is participating in the annual dodgeball tournament on Saturday, November 17th at the Chick Evans Fieldhouse on campus at NIU. It is hosted and benefits the Ben Gordon Center. Come out and cheer on the employees of Northern Rehab!

Fall Back

Raking leaves is one of those tasks you hate about fall, especially if you have children who take pleasure in jumping in the nice piles you've made. Nothing would make the chore worse than injuring yourself in the process. Here are a few tips to ensure back safety:

- Find a rake with a long enough handle that you aren't stooping over to use it.
- When picking up leaves, bend at your knees and not at the waist or back.
- Pushing a wheelbarrow can also be strenuous on the back. Focus on standing tall and bringing the handles to you, not reaching for the handles.
- Overall, concentrate on keeping your back straight throughout the process to decrease risk of injury.

Ins and Outs of a Stroke

What is a stroke?
The blood supply is cut off to the brain, resulting in a disruption of the brain performing its vital functions. Can they be prevented? To some extent, yes. Genetic factors such as

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age, gender, race, and family history play a role in your susceptibility. On the bright side, factors including high blood pressure, smoking, high cholesterol, diabetes, obesity, and physical inactivity lay in your hands. Physical therapists are a great solution for guidance on an exercise program. Prevention is the best medicine. Start taking steps today to maintain your health.

“QUOTE” CORNER

“The secret of happiness is to make others believe that they are the cause of it.”
-Al Batt,
National Enquirer

HEADACHES?

Need to save a few extra dollars for the holidays? Headache prevention could do the trick. There are many causes of headaches in everyday life. According to the TopHealth Newsletter,

over \$4 billion is spent annually on over-the-counter headache pain relievers. The following are day after day causes of headaches:

- **STRESS:** frayed nerves are a source of “tension” headaches. Take time to daydream, relax, or exercise.
- **EYESTRAIN:** Focusing on one object for long periods of time causes pain. Look out a window to give your eyes a break. If that doesn’t help, try getting an eye exam.
- **DIET:** Certain foods trigger headache pain such as chocolate, cheese, red wine, caffeine, processed meats, citrus fruits, etc.
- **SITTING:** Extended periods of sitting, especially with poor posture puts added stress on muscles of your back and neck

leading to tension headaches. Make sure to shift positions, stretch, and get up and walk.

- **SLEEP:** Alternating sleep schedules causes headaches. Try to maintain a constant schedule for sleeping.

Interesting Facts

- Between the ages of 30 and 70, the length of width of your nose could increase up to a half inch.
- The brain only weighs 2% of your body weight, but uses 20% of the oxygen you breathe, 20% of the calories you eat, and 15% of the body’s blood supply.
- A human breathes 7 quarts of air every minute.
- A human thigh bone is stronger than concrete.