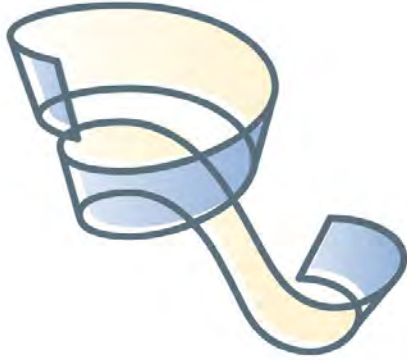


The REAL Newsletter

Happy Thanksgiving!



It's that time of the year again! This year REAL Physical Therapy is thankful for all of you supporting us because without you we wouldn't exist. Everyone one has his or her own Thanksgiving traditions and we are sharing ours with you!

ISSUE #3, NOVEMBER 2013

News:

Share your Thanksgiving traditions with us on Facebook and we'll share right back!



The REAL secret recipe
REAL PT wants to share our REAL
secret recipe with you!



Holiday Hours: Closed

November 28th-29th

December 24th-25th

January 1st

One REAL Grateful Dinner



A REAL tradition recipe just for you!

With Thanksgiving right around the corner it is the perfect time for you to try out that new recipe you've been wanting to share with your loved ones. REAL Physical Therapy wants to ensure you have the best meal of the year this Thanksgiving. We want to share our REAL secret recipe!

One REAL grateful meal -

With all the festivities and all the great food around the Thanksgiving table, it's always a great treat in making something you've never tried before. A brand new experience for you and your loved ones to share together, this year why not try our REAL Thanksgiving Stuffing Muffins! Easy to bake and easier to enjoy!

For this recipe you will need:

1 onion, finely chopped	1 1/2 cups chopped celery	3 carrots, finely chopped
1/2 cup chopped fresh parsley	4 eggs	1-cup chicken stock
9 cups soft bread cubes	2 teaspoons salt	2 teaspoons dried sage
1-teaspoon ground sage	1 teaspoon dried thyme leaves	12 ounces raisins
1/2 teaspoon fresh ground black pepper		

Directions for baking: Pre-heat oven to 375F, sauté onions, carrots and celery in a skillet until tender, mix all ingredients in a large mixing bowl, spray muffin tins with Pam, fill muffin tins with stuffing mix until just overflowing and bake for 25 minutes or until crisp on top. Yields 36 muffins.

Now enjoy this wonderful REAL recipe with your family and have a REAL Happy Thanksgiving!



Some REAL tips just for you!

Stay Active -

This Holiday while your family is getting ready for a nice Thanksgiving Feast and you are tossing a football around don't forget about the demand you put on your shoulders everyday. Unlike the big joints of your lower body, soft tissues are the main form of support for the shoulder. Your rotator cuff is key to providing stability to the shoulder complex. Given the relatively small size of these muscles and the amount of work that is demanded of them, they are vulnerable to tears or inflammation due to trauma or from overuse.

REAL Physical Therapy wants to share with you two essential concepts for maintaining strong rotator cuff health:

The self-assessment range of motion test:

By reaching one hand behind your back, slide it upwards along your spine to touch the bottom of your shoulder blade. By reaching one hand behind your head, move it down your neck to reach your shoulder blades.

If there are any restrictions, do the towel stretch to gain flexibility. Place a towel behind your back, with one hand holding the top and one holding the bottom gently pull from either direction, into the most restricted motion. Hold 15 to 30 seconds and repeat 3 times.

To strengthen the rotator cuff muscles: Perform these exercises at a cable tower, to fatigue at 10-12 repetitions:

Internal Rotation – Stand with your lifting arm closest to the machine, flex your elbow to 90-degrees and rotate your hand outside to inwards by bringing your hand to your belly.

External Rotation – Switch positions so that your lifting arm is farthest from cable machine, keeping your elbow at 90-degrees rotate your hand outwards from your belly.

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Don't forget to share your REAL experiences with others:

