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Remember to fall back



Don't forget, Daylight Savings Time ends Sunday, November 6th. This is the one time a physical therapist will actually encourage you to fall back. Turn your clocks back one hour before retiring Saturday night. Enjoy that extra hour of sleep!

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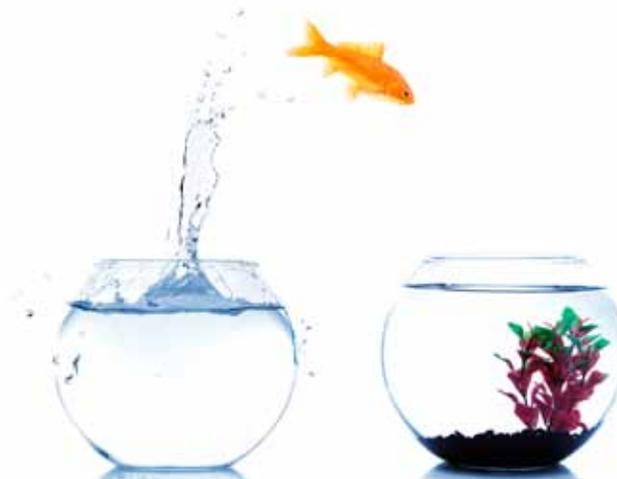
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SEASONAL HEALTH ADVICE & NEWS FROM
HANDS ON CENTER FOR PHYSICAL THERAPY



Nothing is constant except change

-Heroclitus

After a summer of storms and earthquakes, even going back to school was not a guarantee this September. In many parts of our country, hundreds of thousands of people are rebuilding/recovering from natural disasters-- hurricanes, tornadoes, severe drought. Structures that have stood for hundreds of years are gone. And sadly, important people in our lives may be gone as well. Illness, death and changes in job situations force us to find new ways to move through our days. Of course, births and weddings and learning new things are changes that require adaptations in our lifestyles too.

Autumn seems to have a quickness all its own. Warm sunny afternoons turn into nights that at first require an extra blanket then, very quickly, a working furnace or wood-burning stove. Soon after, there are frost warnings and talk of snow flurries. Our four seasons alone remind us that nothing is permanent, so take advantage of each and every day--sunshine or not.



In good health,

Diane Kapelanski
Co-owner & Physical Therapist
Hands On Center

Massage is Natural Healing at Its Finest

by Hope Wieszkowiak

In honor of National Massage Therapy Awareness Week (October 23-29th), Hands On Center's massage therapy team brings you the many benefits of massage:

- Alleviate low back pain and improve range of motion
- Assist with shorter, easier labor for expectant mothers and shorten hospital maternity stays
- Ease medication dependence
- Enhance immunity by stimulating lymph flow—the body's natural defense system
- Exercise and stretch weak, tight, or atrophied muscles
- Help athletes of any level prepare for and recover from strenuous workouts
- Improve the condition of the body's largest organ—the skin
- Increase joint flexibility
- Lessen depression and anxiety
- Promote tissue regeneration, reducing scar tissue and stretch marks
- Pump oxygen and nutrients into tissues and vital organs, improving circulation
- Reduce postsurgical adhesions and swelling
- Reduce spasms and cramping
- Relax and soften injured, tired and overused muscles
- Release endorphins—polypeptides that work as the body's own painkillers
- Relieve migraine pain



Hands On Center's massage therapy team (from left: Yvonne, Jessica, Crissy and Hope)

Anyone can schedule a massage at either Hands On Center location.



Meet the Team: Theresa

Theresa Chapman joined Hands On Center in 2005. She is one of the best multi-taskers at the Plymouth clinic, answering phones, booking appointments, verifying insurance coverage, billing—usually all at the same time. Theresa also keeps track of managed care visits, a job in itself.

Outside of work, Theresa loves cheering on her two sons as they play baseball and has assisted her daughter, an aspiring young photog-

rapher, with several local shoots. She, her husband and their children live in Westland.

Gift of Massage



De-stress yourself or treat someone special to a relaxing experience with a Hands On

Center massage gift certificate.

Therapeutic Massage

30 mins ... \$40

60 mins ... \$65

Plymouth (734) 455-8370

Farmington (248) 488-7200

Veggies Are Hot This Season



Wondering what to do with all those vegetables from the garden? Our resident soup wizard, Hope, brings two hearty (yet healthy) soup recipes that will warm your belly and soul this fall.

Beet Soup

2 bunches beets
1 quart of vegetable or chicken broth
1 small vidalia onion
3 cloves garlic, minced
Salt & pepper to taste
2 heaping tablespoons sour cream



Wash, peel and cut beets and onions into quarters. Place in pot with garlic and enough water to cover. Bring to a boil and cook until beets are tender. Using about 1 cup of the water, blend in batches until smooth or desired consistency. Pour back into pot, add chicken or vegetable broth and simmer on low for about 15 minutes. Whisk in sour cream, salt & pepper. Serve with freshly baked bread.

Restore Your Get Up and Go

- 1 Ever have difficulty standing up after watching a movie or play?
- 2 Are you constantly looking for a bench when you visit a mall or a park?

If you answered "yes" to either of the above, you could be afflicted with sarcopenia, a condition that begins at age 45 and always gets worse unless it is treated. Loss of strength leads to less movement, less mobility and less independence.

Hands On Center is conducting a sarcopenia seminar on Tuesday, October 11th at 10:30 am. Class attendees will learn causes, effects and most importantly, treatment for sarcopenia. Diane Kapelanski, Hands On Center PT, will present **Fighting Sarcopenia** at the Co-stick Center in Farmington Hills. Call (248) 473-1830 to pre-register. Admission is free.

Zucchini Soup

1 large zucchini, chopped
1 small vidalia onion or 1 medium shallot, diced
2 tomatoes, cored and diced
3 garlic cloves, minced
2 pats butter
1 quart chicken broth
Touch of cream (optional)
Salt and pepper to taste



Melt butter in skillet, add zucchini, onion, tomatoes and garlic. Toss in pan about 5 minutes until all are coated. Add chicken broth and simmer until zucchini and onion are tender. Add in batches to food processor or blender and blend until smooth or desired consistency. Pour back in pot and simmer for about 15 minutes, adding cream (if desired) and salt and pepper. Top with croutons or crackers. Enjoy!

Hands On Center

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and Beet Soup*

Heart Attack: Acting Fast is Key

+ More useful health advice!

Heart Attack: Acting Fast is Key

by Laurie Comuth

Some heart attacks are sudden and intense - the "movie heart attack," where no one doubts what is happening. But most heart attacks start slowly, with mild pain or discomfort. Often people affected are not sure what is wrong and wait too long before getting help.



Learn the signs, but remember this: Even if you're not sure it's a heart attack, have it checked out (tell a doctor

about your symptoms). Minutes matter! Fast action can save lives - maybe your own. Don't wait more than five minutes to call 9-1-1 or your emergency response number.

If you experience any of these symptoms, immediately call 9-1-1 or your emergency response number so an ambulance (ideally with advanced life support) can be sent for you.

- X Chest discomfort**
Most heart attacks involve discomfort in the center of the chest that last more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- X Upper body discomfort**
Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach
- X Shortness of breath**
With or without chest discomfort
- X Other signs**
May include breaking out in a cold sweat, nausea or light-headedness

Source: American Heart Association

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