

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

## Get e-edition

Subscribe for the electronic edition of Revive at [www.hocpt.com](http://www.hocpt.com).

## Free exercise guide



The National Institute on Aging has released a super informational guide, "Exercise and Physical

Activity." This 120 page book comes with a Go4Life DVD with exercises, tips and motivational stories. Best of all, it is absolutely FREE.

Get some payback for those tax dollars and order it for yourself or someone you care about by visiting [www.nia.nih.gov/Go4Life](http://www.nia.nih.gov/Go4Life).

## New face

Hands On Center recently welcomed a new receptionist, Loren, to the team.

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## Summer, finally!

"Soon the days will start to get shorter again," noted Johan--realist and Hands On Center co-owner/physical therapist--last week. Although I hate to admit it, he is right. Just as summer begins, we are reminded that it will not be here forever.

It is up to us to take advantage of the all too brief but beautiful Michigan summer, especially on the days the heat and humidity are not unbearably high. I am looking forward to at least one outing to Comerica Park, kayaking on the Muskegon River (I envy all the turtles sunning themselves on logs protruding from the riverbank), and coaxing as many blooms as possible from my annuals and perennials. I visited the moving replica of the Vietnam Veterans Wall in Canton, a somber reminder to never take the good things in life for granted.

Even if your responsibilities keep you from a big trip or even a weekend getaway, make it a point to get out and breathe some fresh air every day. Morning coffee, dessert after dinner, even a phone conversation takes on another dimension when enjoyed al fresco. Don't wait!



In good health,

**Diane Kapelanski**  
Co-owner & Physical Therapist  
Hands On Center

## Listen to your body

*"I felt some pain in my shoulder but I wanted to get the painting finished..."*  
*"There was a loud pop in my ankle when I rolled it but I was winning so I kept playing."*

Sometimes I cringe inwardly when I hear people tell me how they became injured. Acute pain is your body's way of telling you that something needs to change right now. Although it may slow you down some, visits to the doctors office, time missed from work--and yes, even time at the physical therapy clinic--will slow you down a lot more.



If you are working or working out and something hurts, STOP. Do you need to change position? Have you been at one activity too long? Do you need to change the way you are performing that activity? Or in the case of acute chest pain, do you need to go to the ER? By listening to the signals our bodies give us, we can avoid much bigger problems later.

## Ask the PT : Ice, activity help back pain

**Q** I was working in my yard and the next day I could barely get out of bed! When I overdo it, my back can hurt for days. When this happens what is the best thing to do--ice, heat, rest, exercise? Everyone seems to tell me something different.

**A** Almost all of us will have back pain at some point in our lives. When experiencing acute back pain, using ice over the affected area several times a day will reduce pain and inflammation. Just wrap an ice pack (or a bag of frozen vegetables) in a towel and apply it to the painful area for about 20 minutes.

Research has shown that more than 24 hours of bed rest can actually harm your back as the supporting muscles become weak very quickly. It is best if you can continue to walk and perform normal activity to your tolerance. If the pain lasts more than a week, contact your doctor.

*If you have a question for the physical therapist, please email it to [handsoncenter@hocpt.com](mailto:handsoncenter@hocpt.com)*

## Meet the Team: Mark



Mark Mijnsbergen, Hands On Center co-owner and physical therapist, graduated from the Dutch Academy for Physical Therapy (Breda, The Netherlands) in 1987. He has been Michigan licensed since 1989.

Mark specializes in manual physical therapy, and with his healing hands, he has helped many patients on their road to recovery.

His whistling can be heard all around the clinic, as he truly enjoys his job. Even though Mark spends many hours at the clinic, in his spare time he enjoys several artistic hobbies; such as welding, working with concrete, wood, and, most recently, glass. He also likes to listen to music, swim, grill or smoke on the bbq, and spend time with his wife and three kids in Plymouth.

## 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

## Bears could have secret to healthy bones



Researchers at Michigan Technological University in Houghton, MI are working to find why bears do not develop osteoporosis during the long winter months while they hibernate.

Humans excrete calcium when they are inactive, leading to weaker bones. Bears somehow recycle calcium while inactive so they do not lose bone mass. It is hoped that the results of the research would be able to help humans to be less at risk for osteoporosis.

Source: [www.wdtn.com](http://www.wdtn.com)

## Green smoothie is simple and healthy

Green smoothies are a must for any healthy diet. A great thing about them is that they make it easy to eat greens since the blender does the chewing for you. Plus, mixing greens with fruit tricks our taste buds into not minding all the greens.

This is much more than a diet fad--the minerals in green smoothies help us rebuild our bodies from the inside out. The included recipe is a great starter base. If you have a powerful blender, you may include the pineapple core. Feel free to add other fruit or vegetables such as grapes, berries, carrot tops, lettuce, cucumber etc. The possibilities are endless (and healthy!)

### Refreshing Green Smoothie

1 banana  
 ¼ fresh pineapple  
 2 handfuls of greens (like kale or spinach)  
 Juice of ½ lime

Blend everything in a blender and enjoy!

## Get to know your muscles at seminar



After approximately age 30, a person begins to lose 0.5 to 1% muscle mass per year. This age related condition is called sarcopenia. In other words, we lose muscle without even trying. It does not take a math genius to figure out that by age 60 this could result in serious problems in terms of mobility and independence.

Diane Kapelanski, P.T. will present Sarcopenia: What is it? What can I do about it? at Costick Center in Farmington Hills on October 11.

## Don't miss Pies on the Grand

Hands On Center is proud to sponsor Pies on the Grand, July 15 to 17, at the Farmington Founders Festival.

Buy a delicious blueberry pie and support senior transportation in Farmington and Farmington Hills. We will be giving away small gifts at the booth, so stop by and say hello. The Pies on the Grand is on Grand River in front of Judge Asset Management in downtown Farmington.



## Physical therapist is patient's choice

Many people do not realize that they can choose their own physical therapy provider. Even if the prescription has the name and address of another clinic on it, they are free to use it at any licensed physical therapy facility.

No one should settle for being placed on a waiting list for outpatient physical therapy. Prolonging starting treatment can and will worsen conditions.

*Hands On Center's patients are treated in a private room, one on one by a physical therapist--every treatment, every time.*

# Hands On Center

32746 Grand River Ave  
Farmington, MI 48336

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+ More useful health advice!



Your **best friend** this summer.

## Beware of dehydration signs



**Call your doctor if you or anyone experiences the following dehydration symptoms:**

Increased or constant vomiting for more than a day  
Fever over 101°F  
Diarrhea for more than 2 days  
Weight loss  
Decreased urine production  
Confusion  
Weakness



**Seek immediate emergency medical care if any of these symptoms occur:**

Fever higher than 103°F  
Lethargy  
Headache  
Seizures  
Difficulty breathing  
Chest or abdominal pains  
Fainting  
No urine in the last 12 hours

Source: WedMd

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