

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

Win a gift card



Enter our \$20 Target gift card drawing by signing up for the electronic edition of Revive at www.hocpt.com. Winner will be announced the week of January 23rd.

Have a painless 2012

Start out the new year by learning how to help your body with two complimentary Hands On Center seminars:

Headaches and Neck Pain

Tuesday, February 12th
Presented by Mark Mijnsbergen, P.T.

Solutions for Painful Feet

Tuesday, March 20th
Presented by Johan Comuth, P.T.

Each presentation is held from 10:30 to 11:30 AM at Costick Center, 28600 Eleven Mile Road, Farmington Hills, MI. There is no cost but pre-registration is encouraged, call (248) 473-1830.

Have a painless 2012

Be mindful of your shoulder in the car

Golf ball a helpful massage tool

Join us for local tour in February

Meet the Team: Jessica

The brain is a social organ

Slow cooked beef recipe

Don't get bitten this winter



Happy New Year! To quote the late Andy Rooney, "Life is like a roll of toilet paper, the closer you get to the end the faster it goes." 2011 seemed to skip by quickly: Justin Verlander deservedly won the American League MVP, the Lions had their best season in recent memory and many cities were "occupied."

So here we are again, a new beginning, new joys and new challenges. I do not make new year's resolutions anymore, but as it is becoming more and more evident that our brains and bodies crave learning and moving, why not make a decision to be open to different ways of moving through your day--both cognitively and physically? One cold winter night, consider watching *Yes Man* (a 2008 movie) to get a hilarious example of how saying "yes" to a new experience can be life changing.

Just as you are not the same person you were at the beginning of 2011, your life will change this year too. Seek out fun, healthy changes. And may the sad and difficult changes take a very long time to find you.



In good health,
Diane Kapelanski, P.T.
Physical Therapist, Hands On Center

Be mindful of your shoulder in the car

Lifting weight with the shoulder in an abducted (out to the side) position can create stress on the rotator cuff, most particularly the supraspinatus muscle.

If you carry a heavier bag, avoid placing it on the seat next to you and then grabbing it when you exit the car. Instead, either place it behind the driver's seat before entering the car or if you want the bag next to you, when you exit the car, walk around to the passenger side to get it. Either of these methods allows you to reach forward to pick up the bag rather than sideways.

For severe shoulder pain, be sure to consult your physical therapist and/or physician.



Join us for local tour in February



There are many hidden historical and modern treasures in Detroit and a guided tour is an excellent way to check them out. We have heard good things about Feet on the Street Tours, founded by Linda Yellin of Farmington Hills. These tours are fun and educational. Diane Kapelanski, Hands On Center physical therapist, is setting up a group tour around Valentine's Day. Join her by calling either Hands On Center location.

Visit www.feetonthestreettours.com for more information about Linda's awesome new business!



Meet the Team: Jessica

Jessica Fargo joined HOC in July 2009. Originally from McBain, Michigan, Jessica now makes her home in New Boston.

When she is not at work she enjoys cooking and watching her boyfriend Derek race late model cars.

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

Golf ball a helpful massage tool

by Hope Wieszkowiak

If you work at a computer or have been outside shoveling snow, take a break. Using a golf ball you can easily relieve soreness in the forearm.

1



Place a golf ball in your hand and roll it in upward strokes (toward the heart), using firm pressure

2



- If a certain area is extra sore hold the ball there longer
- Be sure to address all aspects of the forearm
- Flex the wrist for added relief

The brain is a social organ

According to Dartmouth College brain researcher Paul Whalen, Ph.D., nothing works the brain as much as face to face social interaction. The brain registers even the smallest movement of the face and most especially the eyes to decide whether another person is angry, tired, calm or even dangerous. In fact, humans will mimic each other's facial expressions as a way of connecting. A perfect example of this is watching someone's face as they interact with a baby.



Slow cooked beef is easy, tasty comfort food



Many of us here at HOC have enjoyed Yvonne's crockpot beef. Simply combine 1-2 lbs. of beef (stew beef) in pieces, 1 envelope instant onion soup and 1 12 oz. can of regular cola in a crockpot. Let it cook on "low" all day. Serve with rice, mashed potatoes or noodles. Easy and wonderful.

Hands On Center

32746 Grand River Ave
Farmington, MI 48336

IN THIS ISSUE OF REVIVE

Have a painless 2012

Be mindful of shoulder in car

Golf ball a helpful massage tool

Slow cooked beef recipe

+ More useful health advice!

Don't get bitten this winter

by Laurie Comuth

Frostbite occurs when skin and underlying tissues freeze. The most common cause of frostbite is exposure to cold weather. Most susceptible are the ears, nose, cheeks, chin, fingers and toes.



Take Preventive Measures:

- ✓ Limit the time spent outdoors in cold, wet or windy weather
- ✓ Dress in layers
- ✓ Wear a hat that covers the ears
- ✓ Choose mittens over gloves
- ✓ Avoid alcohol when you plan to be outdoors

Source: MayoClinic.com

Downtown Plymouth

650 S Main St tel (734) 455-8370
Plymouth, MI 48170 fax (734) 455-2924

Hands On
Center

www.hocpt.com

Downtown Farmington

32746 Grand River Ave tel (248) 488-7200
Farmington, MI 48336 fax (248) 476-6681

handsoncenter@hocpt.com