

Bodies in Motion

TOTAL HEALTH CENTER NEWS LETTER

“Expert Care with Caring Hands”

Volume 16

Total Health Center is a full service physical & occupational therapy clinic where expert patient care is our first priority. We treat a full range of orthopedic and neurologic conditions. Our clinic has therapists with advanced training and specialist certifications. Our goal is to help you, the patient, reach your full potential.

Benefits of Physical Therapy for Lupus Patients



Systemic lupus erythematosus (SLE or lupus) is a **chronic, autoimmune inflammatory disease that can affect almost any organ system in the body.** It most often develops in women during their childbearing years. Currently, there is no cure for lupus, but treatment can reduce symptoms. These frequently occur in a cycle of flare-ups and remissions. Because sunlight can cause symptoms to flare, limiting sun exposure by wearing sunscreen or exercising indoors is

essential. Lupus symptoms of joint pain, joint stiffness and fatigue often cause people to reduce their daily activities or stop exercising altogether, which can make symptoms worse.

A supervised exercise program of gentle flexibility, strength and endurance training benefits many people with lupus, especially when combined with heat modalities. Appropriate exercises can

improve range of motion and reduce joint stiffness

strengthen tendons, ligaments and muscles to stabilize joints

help maintain strong bones and avoid the osteoporosis often caused by drugs commonly prescribed to treat inflammation caused by lupus

improve or maintain cardiac health because heart disease is the leading cause of death in people with lupus

reduce the tendency to gain weight because extra pounds put more stress on inflamed joints

Improve sleep patterns, mood and general outlook on life by releasing endorphins and decreasing stress

Because lupus must be approached on an individual basis and exercising with lupus is not without risk, we can design a program of exercises appropriate to your level of fitness and pain after consulting with your physician. When symptoms flare,

Call us at
(269) 968-0888
Mon - Thurs 7am-7pm
Fridays 7am-4pm



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Recipe of the Month

No-Bake Pumpkin Swirl Cheesecake

3/4 cup finely crushed graham crackers
2 tablespoons butter, melted
1 8 ounce package reduced-fat cream cheese (Neufchatel)
1/2 cup sugar or sugar substitute equivalent to 1/2 cup sugar*
1/2 cup fat-free milk
2 teaspoons vanilla
1/2 teaspoon finely shredded orange peel
2 8 ounce packages fat-free cream cheese
1 15 ounce can pumpkin
1 teaspoon pumpkin pie spice
1 envelope unflavored gelatin
1/4 cup orange juice

For crust: 1. In a medium bowl, stir together crushed graham crackers and melted butter until crackers are moistened. Press mixture onto bottom of an 8-inch springform pan. Cover and chill while preparing filling.

For filling: 2. In a food processor or blender, combine the reduced-fat cream cheese, 1/4 cup of the sugar, 1/4 cup of the milk, the vanilla, and orange peel. Cover and process or blend until smooth. Transfer to a medium bowl; set aside.

3. In a food processor or

we can help you engage in the correct amount of exercise and suggest alternatives to endurance and strengthening exercises that can aggravate swollen joints. The good news is that, despite the many ups and downs of lupus, early intervention can keep it at bay and make the condition more manageable.

Jump on Treating Osgood-Schlatter Disease



Osgood-Schlatter disease (syndrome), a common cause of knee pain in as many as one in five children and young athletes, especially boys, 10 to 15 years of age, usually occurs **after a period of quick growth coupled with intense physical or sporting activity**. Children who participate in running and jumping activities experience a greater strain on the patellar tendon, leading to inflammation and pain when it pulls the patella away from the shinbone. To close the gap, the body produces new bone, creating a bony

lump. The condition usually clears up once growth stops and the tendons are stronger, but it can continue into adulthood.

While Osgood-Schlatter disease typically occurs in just one knee, it sometimes develops in both knees. The discomfort can last from weeks to months and may recur until the growth period has ended. Symptoms include **pain, swelling and tenderness at the bony prominence just below the kneecap**, and **tightness of the surrounding muscles**, especially the quadriceps in the thigh. This pain worsens with activity, such as running, jumping and climbing stairs, and improves with rest.

Depending on the severity of the disease, techniques that can help reduce the child's discomfort might include

rest and immobilization as needed during bouts of pain

ice after physical activity

anti-inflammatory and pain-relieving medications as prescribed by their physician

a knee brace with a patellar tendon strap below the kneecap to stabilize the patellar tendon during activities and distribute force away from the shinbone

stretching exercises for the quadriceps and hamstrings

a contoured pad to protect the knee in more severe cases

It is important that your child avoid activities that cause a lot of pain, especially ones that involve a great amount of jumping, squatting or kneeling. Weight-bearing exercises can worsen symptoms. Although the injury can be upsetting to children and athletes who suffer from its effects, a tailored program of physical therapy and appropriate rest can relieve symptoms until the process resolves.

blender, combine fat-free cream cheese, pumpkin, remaining 1/4 cup sugar, remaining 1/4 cup milk, and the pumpkin pie spice. Cover and process or blend until smooth.

4. In a small saucepan, sprinkle gelatin over orange juice; let stand for 5 minutes. Cook and stir over low heat until gelatin is dissolved. Stir 1 tablespoon of the gelatin mixture into the white cream cheese mixture and the remaining gelatin mixture into the pumpkin mixture.

5. Pour pumpkin mixture over chilled crust in pan. Carefully pour white cream cheese mixture over pumpkin mixture. Using a narrow, thin-bladed metal spatula or a table knife, swirl pumpkin and white mixtures.

6. Cover and chill overnight before serving. To serve, using a small sharp knife, loosen cheesecake from side of springform pan; remove side of pan. Cut into wedges.

Patient Testimonials

No changes – all staff pleasant, patient, professional. The treatment seems to be helping greatly at reducing pain.

Therapists & staff couldn't be more caring or professional, friendly and courteous. Outstanding attitude toward me the entire time. Thank you! Mike

Without exception, everyone I had contact with did an exceptional job. They were friendly and easy to talk to. I enjoyed my time with this clinic.

You do a great job! Susan

THC was great for me! Never had any issues, visits were professional, friendly, courteous, respectful and caring. I would recommend THC to anyone who needed the help. Nick