

# Bodies in Motion

TOTAL HEALTH CENTER NEWS LETTER

**“Expert Care with Caring Hands”**

Volume 22

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.

## Exercise to lower the risk of a second stroke

About every 45 seconds, someone in America has a stroke and suffers physical deficits, making it the leading cause of long-term disability. High blood pressure increases the risk of stroke by forcing the heart to work harder to push blood through the body, but it causes no obvious symptoms such as pain or shortness of breath. If you or a loved one has had a stroke, you can reduce the risk of a second stroke by **controlling blood pressure with medication** and **sticking to a properly designed exercise program appropriate to one’s age and health status**.

One way to lower the risk of a second stroke is to take your blood pressure medication regularly as prescribed. Following an appropriate exercise plan designed especially for you can also help you avoid a second stroke. Because exercise makes the heart work harder, exercising after a stroke may seem counterintuitive. Nevertheless, a properly designed program can strengthen the heart and improve stamina without endangering your health. In addition, regular exercise reduces the risk of another stroke because it helps to



- **lower cholesterol**
- **lower blood pressure**
- **encourage weight loss**
- **improve the regulation of blood sugar**
- **decrease the amount of inflammatory agents in the blood**

Physical rehabilitation after a stroke can also **restore physical abilities lost because of the stroke** and **allow you to gradually increase your activity level and stamina**.

An exercise plan after a stroke is very important, regardless of your age or

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



THC Physical Therapy

[thcincbc@sbcglobal.net](mailto:thcincbc@sbcglobal.net)

[www.thcinc.biz](http://www.thcinc.biz)

Facebook: [Clinical Specialists](#)

## Healthy Recipe of the Month

### Grilled Corn Salad

3/4 cup KRAFT Zesty Italian

Dressing

1/4 cup yellow mustard

4 ears corn on the cob

1/2 lb. green beans

1 jicama

2 tomato

1/2 cup fresh basil

Directions:

1. Mix 1/4 cup dressing and mustard in shallow dish until well blended. Add corn; turn to evenly coat. Transfer corn to grill; reserve dressing mixture.

2. Grill corn 15 to 20 min. or until tender, turning and brushing occasionally with reserved dressing mixture. Remove corn from grill; cool. Cut corn from cobs; place in large bowl.

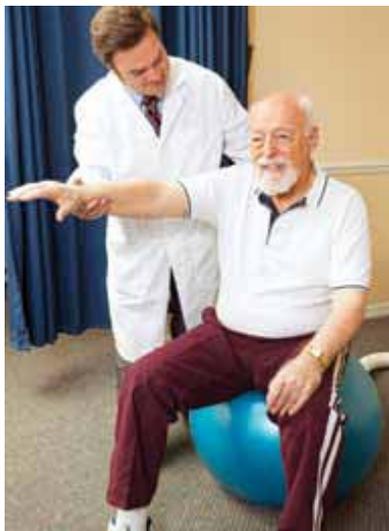
3. Add beans, jicama, tomatoes, basil and remaining dressing; mix well.

physical limitations. But rehabilitation from a stroke is a lifetime commitment. Let us help you to improve your health and prevent another stroke through appropriate physical therapy exercises.

## Living well despite polyneuropathy

**Polyneuropathy** refers to the damage or disease of more than one nerve of the body, including nerves that allow you to experience sensation (sensory neuropathy), to move (motor neuropathy) or both (sensorimotor neuropathy). If a single nerve is affected, the condition is called **mononeuropathy**. If any involved nerves are outside the brain or spinal cord, it is called **peripheral neuropathy**.

Specifically, if the nerve signals are slowed down but not stopped, the myelin sheath—the nerve covering—is often damaged. If nerves do not respond at all, there may be damage to the nerve fiber (axon) or to nerve cells in their entirety. Treatment depends on the type of damage.



Often the first symptom of polyneuropathy is a loss of sensation at the ends of the toes. Other symptoms include decreased sensation, pain or tingling in any body part; difficulty walking, moving the arms or hands, or swallowing; or facial weakness.

The causes of polyneuropathy are wide-ranging. They include certain chemotherapy cancer treatments, diabetes and alcoholism. They also include the autoimmune inflammatory disease **Guillain-Barré Syndrome**, in which the symptoms of polyneuropathy develop quite quickly, and the slower-progressing **chronic inflammatory demyelinating**

**polyneuropathy**.

Physical therapy goals for patients with polyneuropathy depend on the condition's cause, the specific nerves affected and the type of damage. In general, physical therapy should begin as soon as the patient is able to tolerate it. We can address **balance** and **mobility**, with attention paid to **aerobic capacity**, **flexibility** and **strength training** as well.

We will also help you devise daily-living strategies to stay safe while coping with polyneuropathy, from making adaptations in your home (such as adding railings and removing obstacles like throw rugs) to paying close attention to your feet, where neuropathy can cause particular difficulties (wearing proper shoes, checking daily for sores and bruises, etc.).

We can assess your individual situation and design an exercise regimen to improve your quality of life. Patients can learn from one another, as well. Support groups and other coping information are available at [www.neuropathy.org](http://www.neuropathy.org), the Web site of The Neuropathy Association, a nonprofit organization.

Nutrition Analysis per serving :  
Calories: 70  
Carbohydrate: 10 grams  
Protein: 2 grams  
Fat: 3 grams  
Sodium: 160 mg

## Patient Testimonials

I'm very happy here and feel so fortunate to have this service so close to home and work.

*C. Love*

It helped me recover quickly and I learned things from the therapist that helped for a good recovery.

*B. Harper*

I'm very pleased with the program applied for me. It seems to be helping me or improving my condition.

All staff provided wonderful care and treatment to myself and other patients.

*T. Brown*

Thank you so much for your excellent care. You ALL have given me a new lease-on-life, pain free and mobile.

*S. Pepper*

I didn't know what to expect as a newcomer to physical therapy prior to my first visit. What I did know that I was having severe arthritic pain in my leg. From my first contact with staff from reception through the therapists and management, I couldn't be more pleased with the treatment I received. Now, as I leave treatment I am pain free and in better overall condition. I thank everyone at THC for the professional and skilled treatment I received. Also, the caring and friendly atmosphere during workouts give one a "family" feeling. This has been a very positive experience for me.

*J. Connor*