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**Happy New Year
From Therapy
Solutions!**

NEWSLETTER



SHOVEL SNOW SAFELY

***SIMPLE TIPS FOR AVOIDING INJURY
WHILE SHOVELING SNOW***

SHOVEL SNOW SAFELY

*SIMPLE TIPS FOR AVOIDING INJURY
WHILE SHOVELING SNOW*

Snow shoveling can lead to a number of health risks for many people, from back injuries to heart attacks. The following tips can help keep you safer when you set out to shovel:

- ▶ **Warm up.** Warm your muscles before heading out to shovel by doing some light movements, such as bending side to side or walking in place.
- ▶ **Push rather than lift.** Pushing the snow with the shovel instead of lifting can help reduce the strain on your body.
- ▶ **Lighten your load.** Consider using a lighter-weight plastic shovel instead of a metal one to help decrease the weight being lifted.
- ▶ **Consider multiple trips.** Consider shoveling periodically throughout the storm to avoid having to move large amounts of snow at once.
- ▶ **Keep up with snowfall.** Try to shovel snow shortly after it falls, when it is lighter and fluffier. The longer snow stays on the ground, the wetter it can become. Wet snow is heavier and harder to move.



STAFF SPOTLIGHT

NURSING HOME STAFF AND OUT-PATIENT STAFF



► This is **Heidi Schmidt PTA, Roberta Wock, PT and Hayley Peters, OT.**

They work in the Killdeer Out-Patient Clinic and the Killdeer Nursing Home called Hilltop. They provide outpatient services to the Killdeer and Richardton communities.

This is **Jeanne Kilzer, MS-CCC SLP, and Kayla Dorrell, PTA.**

They also both work in Killdeer location at the nursing home and outpatient. We appreciate our staff for their knowledge, compassion, and caring!



AVOID UNNECESSARY WORK INJURIES WITH A STANDING DESK

► For many of us, sitting at a desk, computer or even lifting is a daily part of our work routine. What you may not know, is that the routine may be more harmful long-term than you can imagine. Our bodies were made to move throughout a variety of positions during the day. If you have more of a sedentary job, then the lack of variety in your positions throughout the day can be detrimental to different areas of your body.

In general, standing is far better than sitting. If your job requires you to sit at a computer for most of the day, consider a standing desk. Being able to stand for 2-3 hours a day, instead of sitting the whole time, can make a big difference in the way that you feel and the health of your spine. There are some good standing desks on the market such as varidesk.com that make it easy to transition from sitting to standing.

THE BENEFITS OF A STANDING DESK:

Did you know that standing burns between .7 to .15 more calories per minute than sitting does? It may not seem like a lot, but by simply standing for longer periods of time, you can easily burn more calories throughout the day. Sedentary lifestyles, such as those traditionally associated with desk jobs, can increase your risk of heart disease, obesity, or other serious health issues. However, investing in a standing desk or alternate seating option at work can help in greatly decreasing these risks!

Studies suggest whether you choose a standing or adjustable desk for your work day, integrative support can be beneficial in easing yourself into the new setting. In fact, those who participated in some sort of integrative support program for their standing or adjustable desk stood for an average of 50 minutes longer each day than those who did not.

In addition to the type of desk you stand at, ergonomics is also an important concept to keep in mind. Ergonomic laptop desks and chairs can promote proper posture and decrease the risk for back problems, while workplace design can make an impact on employee happiness, productivity, and well-being.



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Learn more by visiting our website at Therapy-Solutions.net or schedule your consultation today by calling **701.483.1000!**



SPEECH & OCCUPATIONAL THERAPY: A VITAL ROLE IN DYSPHAGIA CARE

WHAT TYPE OF DESK IS BEST FOR ME?

Using a standing desk as opposed to a traditional sitting desk has been proven to lower one's chances of developing cardiovascular disease, diabetes, and obesity. Nevertheless, standing desks are not for everyone, especially those with joint or vascular conditions.

You may be asking, "doesn't standing all day long have its own implications?" The short answer is – yes. Anything without moderation can have its pitfalls. Standing can boost your energy levels, concentration, and even your mood, but if you have a traditional 9-5 job, chances are that level of productivity will dissipate after a while.

Standing for too long can cause you to run out of energy quicker and can take a toll on your physical comfort. Many medical professionals recommend adjustable desks for workplace environments, so employees can spend a large amount of their day standing or stretching, with the opportunity to rest when they become tired.

WHAT ELSE CAN I DO?

When sitting, make sure that you are sitting tall, as if a string is pulling through the top of your head. Your computer should be directly in front of you, instead of off to the side. It should also be at the height where the top one-third of the screen is at eye level. Furthermore, make sure your keyboard is at the adequate height, creating about a 90-degree bend or less in your elbows. Armrests can be helpful to alleviate pressure on the shoulders when typing.

At Therapy Solutions, we can also provide specialized programs for making the most out of your work day. Our programs focus on integrative support for beginning a new workplace lifestyle, such as implementing a standing or adjustable desk into your daily routine. We can also provide you with tips and techniques for arranging the best ergonomically efficient area to work.

Don't let the stresses of work take a toll on your physical health! There are several steps you can take to improve your posture, strength, energy, and overall wellbeing throughout the workday. Schedule an appointment with Therapy Solutions today to get started on some integrative lifestyle changes that can help brighten your mood, enhance your creativity, and reduce your risk of developing health issues while you are at work!

► Dysphagia is "dysfunction in any stage or process of eating. It includes any difficulty in the passage of food, liquid, or medicine, during any stage of swallowing that impairs the client's ability to swallow independently or safely."

Dysphagia affects quality of life in at-risk pediatric populations, rehabilitation populations, and the elderly. Swallowing is an essential activity of daily living; the inability to swallow negatively affects nutrition, overall health, and quality of life. Dysphagia is within the scope of occupational therapy practice as supported by educational curriculum and a history of application in practice.

Occupational therapists and speech therapists provide skilled care to clients of all ages with dysphagia.

Occupational therapists and speech therapists can provide comprehensive rehabilitative, habitative, and palliative care to clients with a variety of dysphagia diagnoses through the life course. Occupational and speech therapists provide screening and in-depth clinical assessment. As part of this process, they may assist with instrumental dysphagia assessments including videofluoroscopy (the modified barium swallow). Occupational and speech therapists work together with clients and caregivers to determine mutual goals and optimal outcomes for swallowing skills. They provide focused interventions addressing a range of swallowing components.

THESE INTERVENTIONS INCLUDE COLLABORATION WITH CLIENTS TO PROVIDE:

- Individualized compensatory swallowing strategies.
- Modified diet textures to ensure safe swallowing and eliminate or minimize the risk of aspiration.
- Enhanced feeding skills including strategies to create feeding independence and provision of appropriate adapted utensils.
- Preparatory exercises prior to a meal to facilitate the oral and pharyngeal motions required for eating.
- Positioning of the body to facilitate optimal digestion and arm use for independent and safe eating.
- Reinforcement of strategies for clients to enhance and improve swallowing safety to prevent aspiration, including adapted swallowing techniques.
- Training for caregivers in individualized feeding and swallowing strategies to enhance eating and feeding performance.

In addition, occupational and speech therapy practitioners offer input to other dysphagia team members regarding client performance at mealtime and goal accomplishment. Occupational and speech therapy practitioners use environmental and behavioral strategies to optimize swallowing performance and provide culturally sensitive interventions to clients with dysphagia.

For more information about how Therapy Solutions can help you, visit our website at therapy-solutions.net.

Therapy Solutions
TAKE YOUR LIFE BACK.

Are you or a loved one suffering from difficulty swallowing? Contact us today to get your swallow assessed by our team of certified Occupational and Speech Therapists! Start living better today!

Learn more by visiting our website at Therapy-Solutions.net or schedule your consultation today by calling 701.483.1000!