



NEWSLETTER

JANUARY 2022

WHAT'S INSIDE

STAY ACTIVE & ON YOUR FEET

Contact Us For Winter
Workout Help!

HOW TO WORK ON BEING PRESENT

Part 1 of a 4 Part
Series!

SHARE YOUR SUCCESS STORY!

We Make It Easy To Leave
A Review!



TIPS FOR
Keeping Your Balance
THIS WINTER!

TIPS FOR *Keeping Your Balance* THIS WINTER!



▶ Just because it is winter, it doesn't mean you have to stay indoors! It is easy to want to stay in, nestled up in blankets, while it's snowy and cold. However, remaining active in the winter months is just as important as remaining active during any other season!

The winter presents several fun activities that can double as workouts. Taking advantage of nearby ski slopes or ice-skating rinks can give you a fun outing that'll get you out of the house and also get you moving. Even getting outside to go sledding or build a snowman with your kids can give you the amount of daily exercise you need.

Unfortunately, exercising in colder weather poses a higher risk of injury, such as strains, sprains, and tears. Even something as small as walking to your car can lead to a slip on unseen ice. At Therapy Solutions, we want to make sure you can stay balanced this winter, so you can enjoy doing activities of the season without fearing a harsh fall.

WHAT CAN I DO TO DECREASE MY RISK OF FALLING?

There are some steps you can take on your own to decrease your risk of sustaining a fall-related injury while participating in winter activities. These include:

- ▶ Choose shoes with winter soles for traction. You can also get a pair of ski or walking poles to help keep your balance. As an added bonus, these poles will also help you burn extra calories since your upper body is getting a workout too.
- ▶ Add slip-on spikes to your boots on the extra icy days, to reduce your risk of slips and falls.
- ▶ Allow at least 10 minutes to warm up when exercising in the winter. When it's cold, your heart and muscles need more time to get ready and prepare for exercise - this can help you avoid unwanted injuries.
- ▶ No matter what winter activity or exercise you're partaking in, warm-ups should always include a combination of low-intensity movements that will make the physical activity easier to perform. For example, if you decide to go on a walk or run through the winter wonderland that your street has become, you could warm up with lunges, squats, arm swings, or jumping jacks, making sure to also get a good stretch in your calves and thighs. This will keep your body warm while you exercise and will be a good way for you to feel out the terrain beforehand to see if it's too icy.
- ▶ Add in any additional assists, as needed. Snow and ice are the main culprits for many injuries during the wintertime, which is why it is important to add to your stability. Ice cleats or rubber-soled boots can provide you with grip and support. Using a cane or crutch can also help in remaining steady on frozen terrain.



STAY ACTIVE & ON YOUR FEET!

WHEN SHOULD I CONTACT A PHYSICAL THERAPIST?

Consulting with a physical therapist can also help you keep your balance and reduce your risk of falling this winter. If you are already at risk of falling, or if you have noticed an instability in your balance lately, Therapy Solutions can help.

If at any point you feel as if you may be at risk of falling this winter, don't hesitate to contact us. At Therapy Solutions, we are dedicated to helping our patients live their lives with joy, rather than fear. We want you to be as comfortable as possible as you participate in your winter activities.

While we hope there won't be any issues, so you can enjoy the season at its fullest, we are always here to assist you in the event that there are. Our dedicated team will provide you with any help and support you need to take this winter by storm - without the risk of falling!

Therapy Solutions
TAKE YOUR LIFE BACK.

SPEECH COMMUNICATION TEMPTATIONS:

WHAT ARE THEY AND HOW TO IMPLEMENT THEM

Children have opportunities to speak all day, but sometimes opportunity isn't enough to motivate them to speak. Sometimes, children need motivating reasons and rewards to communicate. Communication temptations set up the environment to entice a child to make a request that results in a positive experience.

When a highly motivating/desirable activity is presented, there is a high probability they will ask for it again. Bubbles are a motivating play activity that Speech-Language Pathologists utilize in therapy.

HERE'S HOW:

Find bubbles that have a twist lid that a child can't open independently. Hand them the bubbles and wait. Wait until the child communicates that the lid needs to open. Use that moment to model words such as open, help, or bubbles. Blow a few bubbles, screw the lid on and wait again. Continue modeling language throughout the activity. Other fun toys or activities for communication temptations include balloons, fruit snacks, toys in jars or containers, and wind-up toys.

For more ideas on how to increase your child's communication skills, call 701-483-1000 and schedule an appointment today with our Speech Therapists!



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



HOW TO WORK ON BEING PRESENT

In this 4-part series we will provide a simple exercise every month, for the next four months, to help you be present in the moment.

Exercise #1: Waiting In Line At The Grocery Store

Waiting in line anywhere provides a wonderful gift to exercise the focus muscle, which is like giving your brain a massage. Instead of letting mental clutter or frantic rumination eat up your precious time, you can let this forced pause on your day reconnect you to the present moment and God's presence.

Let the stalled movement as you hit the line be your "wake up call" to begin your practice.

First, notice all the sounds—there are so many. See if you can feel the physical sensation of sound waves touching your ear drums as the cashier rings people out, or others around you talk to each other. Listen for the scuffling of feet underneath the louder layers of noise. Listen for the sound of your own movement as you inch forward. Then notice the faces of people around you. Are they young or old? Happy, frustrated, or sad? Anxious and in a rush, or lazy and complacent? **Without judgment**, simply open your awareness to what is being communicated to your brain from these data points of space and time around you.

I hope you enjoyed your first exercise. Becoming aware and mindful can be one of the best things you can do for yourself. **Next Month: Part 2: Meal Time.**



STAFF SPOTLIGHT

ALLOW US TO INTRODUCE OUR NEW STAFF AT THERAPY SOLUTIONS



We would like to welcome Nevaeh Wandler and Marcaill Allerdings to our Therapy Solutions Team! Nevaeh and Marcaill started in January as clinic receptionists. Nevaeh is from Dickinson originally. Her hobbies are spending time with family, enjoying her dogs, and baking. Marcaill is also originally from Dickinson. She enjoys snowboarding, spending time with her family, and being active with her 2 dogs. She is an animal lover and also has 2 cats.

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We are happy to announce Sierra Burgess's move within the company from clinic receptionist supervisor to HR Generalist. Sierra has been with the company since 2014. We are excited to have her in this new position. Sierra is originally from Dickinson. Her hobbies include writing, traveling, and spending time with her husband, family, and their dog.



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