



# Therapy Solutions

TAKE YOUR LIFE BACK.

JANUARY 2024

## WHAT'S INSIDE

IN THE COMMUNITY:  
Russ Fast

LORI'S RECIPE:  
Italian Beef Patties

CONGRATULATIONS  
CORNER



SEE INSIDE  
FOR MORE  
CHRISTMAS  
PARTY PHOTOS

*Fall Prevention and Staying  
Active During Winter Weather*



Scan the code with  
your camera app,  
and schedule your  
appointment with  
us today!



**WE ARE HERE FOR YOU! CONTACT US TODAY!**

701.483.1000! • THERAPY-SOLUTIONS.NET



Brrr, it's cold out there! With winter and icy weather comes new safety risks, such as straining a muscle while shoveling snow or slipping on ice as you walk in a parking lot. Fortunately, a balance assessment and customized fall prevention plan from the experts at Therapy Solutions can help you stay on your feet all winter long.

Today, we're sharing some of our favorite tips for staying safe during winter weather and letting you know more about our fall prevention programs. But if you need extra guidance, don't hesitate to call our offices to schedule an appointment!

## FIVE TIPS FOR STAYING SAFE AND ACTIVE THIS WINTER

- **Avoid Icy Patches:** The most common cold weather injuries result from falls on icy sidewalks, steps, driveways, and porches. Walking on ice is extremely dangerous, regardless of how good your balance is, so stay off the ice when possible. And don't forget to keep your steps and walkways ice-free with sand, salt, or cat litter.
- **Wear Appropriate Footwear:** If you do run or walk on snowy, icy surfaces, attaching snow or ice spikes to your boots or running shoes will help you maintain traction to reduce the risk of falls. Be careful with wearing spikes on the pavement as they are designed to penetrate the ground and can affect your balance.
- **Take Care when Clearing Snow:** Shoveling it by hand can be quite strenuous and puts you at a high risk of back injury, especially if you lack core strength. Make sure you're using the proper form and avoid twisting your body. If you go with a snowblower, make sure it's in good working condition to minimize vibrations, which can strain muscles.



- **Don't Be SAD:** Seasonal affective disorder (SAD) can leave you withdrawn and inactive—which, unfortunately, can make symptoms worse. Try to exercise or get active every day. If your symptoms are particularly intense, try light therapy. Our mental health counselors can share more information.
- **Get Your Balance Assessed:** A balance assessment from our physical therapists is one of the best ways to fight back against the risk of falling this winter. We'll evaluate your mobility, strength, balance, and gait, then provide a custom treatment program based on your needs.

## WHAT CAN I EXPECT FROM A FALL PREVENTION PROGRAM?

At Therapy Solutions, we don't take a "one size fits all" approach. We'll create a program specific to your needs and abilities. Here are some of the interventions we might try:

- **Strengthening Exercises:** These exercises address muscle weakness, often a primary contributing factor to poor balance and falls during winter weather. With a combination of strength and balance training, you'll be better equipped to recover from unexpected lapses in gait or a momentary loss of balance to prevent falls.
- **Static and Dynamic Balance Training:** We incorporate balance training into your physical therapy program to help your body learn how to better respond to environmental balance challenges. For example, we may ask you to stand on one leg while performing a mentally challenging task, such as reciting the alphabet or reading a paragraph of text out loud. Our physical therapists will also teach you strategies to help lower fall risk.
- **Gait Training:** Gait training includes activities to improve gait (walking pattern) mechanics and increase your confidence and safety in navigating across different terrains (like icy sidewalks or snowy parking lots) and around various obstacles (like darting across a busy street). Our physical therapists can also evaluate the need for an assistive device or adjust your current device.

- **Endurance Training:** Besides improving your strength, we might also work to improve muscle endurance and aerobic capacity for activity. Both will reduce fatigue as a risk factor for falls when walking or completing daily tasks.

**GET YOUR BALANCE ASSESSMENT TODAY!**

The well-being of our Therapy Solutions patients is important to us, no matter what season we're in!

We want our patients to feel safe and confident in their mobility and balance. Winter can be a difficult time for those with compromised balance; however, with the help of our clinic, it doesn't have to be.

Call us today to have your balance assessed this winter. We can determine if you are at risk for falls, show you how to prevent them, and address any pain or discomfort you may have.



# EQUALLY TRUE

Sometimes our minds get stuck in thinking one behavior is good and one is bad. But sometimes, things are not good or bad. They are just different. They are both good and both okay. See the list below. To get unstuck in your thinking, contact Therapy Solutions to Take Your Life Back.



Things that can be equally true:

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- |                      |            |                    |
|----------------------|------------|--------------------|
| You are resilient    | <b>and</b> | need a break       |
| You gave your all    | <b>and</b> | need to back out   |
| You are independent  | <b>and</b> | still need others  |
| You were sure        | <b>and</b> | things changed     |
| You are kind         | <b>and</b> | have boundaries    |
| Others have it worse | <b>and</b> | your pain is valid |
| You did your best    | <b>and</b> | now you know more  |

@findyourshinetherapy



## LORI'S RECIPE: ITALIAN BEEF PATTIES

**SERVES 6**

**Ingredients:**

- 2/3 c. pizza sauce - divided
- 1 egg - beaten
- 1/3 c. dry bread crumbs
- 2 tsp dried mince onion
- 1/2 tsp dried oregano
- 1/4 tsp salt
- 1/8 tsp pepper
- 1 1/2 pound hamburger
- 3 slices of mozzarella - halved



**Directions:**

In a large bowl combine 1/3 c. pizza sauce, egg, bread crumbs, onion, oregano, salt and pepper. Crumble beef over mixture and mix well. Shape into 6 patties. Place on broiler pan coated with non-stick cooking spray. Broil 6 inches from heat for 5-6 minutes on each side, basting frequently with pizza sauce. Top with cheese.

### CLIENT SUCCESS STORY

"Brian is very knowledgeable when I was receiving therapy on my shoulder. I would recommend him with high regards. In addition to my shoulder therapy he gives me guidelines to use for the rest of my life as I am in my 60s. Thank you Brian"

— David K.

**SCHEDULE YOUR  
APPOINTMENT  
TODAY!**  
**701.483.1000**



## CONGRATULATIONS CORNER

Congratulations are in order for many of our staff's children who were recognized for their fall sports achievements!

🏐 Jersey Erie (daughter of Jared & Brenda Erie) was named to the All-Region 7 Team and reached 1000 career digs at the State Class B Volleyball Tournament, where they took 4th place.

🏈 Jeremiah Jilek (son of Doug Jilek) was named to the All-Region 4 Team and All-State 2nd Team at the State Class A Football Final, where they took 2nd place.

🏊 Mara Ellerkamp & Molly Ellerkamp (daughters of Amanda Ellerkamp) competed at the State Swim Meet where their team placed 7th overall. Mara & Molly also placed in the following events: 200IM - Mara (9th); 50 Free - Molly (14th); 500 Free - Molly (9th) & Mara (11th); 200 Free Relay (2nd place / New School Record) - Mara & Molly.

🏈 Ethan Halverson (son of Eric & Terry Halverson) was named to the All-State Division AA Football Team as part of the First Team Offense.

**Therapy Solutions**  
*TAKE YOUR LIFE BACK.*

## WRITE YOUR OWN SUCCESS STORY!

### INSTRUCTIONS:

1. Open your smart phone to the camera app
2. Center the QR code above in the frame (this will take you directly to our Google Review Page)
3. Tell us how we did



## IN THE COMMUNITY: RUSS FAST

ONE HOUR OF WELLNESS

# FAMILY OF ORIGIN

RUSS FAST



- Our family of origin shapes who we are – it's what we know, what we learned.
- Impact of your family on who you are as a person
- Awareness of family patterns and how they impact our interactions
- Challenges in relationships

Licensed Clinical Social Worker  
Therapist at Therapy Solutions

NOV 8, 2023  
12 - 1 p.m.  
STROUP AUDITORIUM

 for more info please contact  
laurie.karie@dickinsonstate.edu

Our family of origin shapes who we are – it's what we know, what we learned.

On November 8th, Russ Fast (Mental Health Counselor) was the featured speaker for DSU's "One Hour of Wellness." He spoke about our family's impact on us and how our awareness of family patterns influences our interactions, including:

- Our family of origin shapes who we are – it's what we know, what we learned.
- Impact of your family on who you are as a person
- Awareness of family patterns and how they impact our interactions
- Challenges in relationships

We are so proud of Russ for sharing his knowledge with the community!

