



Returning Patients to the Speed of Life

Physical & Hand Therapy

Centralized Scheduling

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www.serctherapy.com

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SCOPE OF SERVICES

- Physical Therapy
- Hand Therapy
- Work Injuries
- FCEs
- Work Conditioning
- Job/Ergonomic Analysis

OUR CLINICS

Belton
 Blue Ridge Tower
 Harrisonville
 KC North
 Kearney
 Lansing
 Lee's Summit
 Liberty
 Metro North
 Odessa
 Olathe
 Overland Park
 South Raytown
 Shawnee

Good Nutrition to Speed Recovery

Between light duty at work and “down time” spent in rest and healing, calorie needs are lower for most people recovering from a work-related injury. With less to do, it’s especially tempting to snack on less nutritious foods. How can you help your patients keep their weight in check while providing the nutrients they need to heal? Some simple tips can make them more aware and promote better nutrition:

- **Eat at set times of the day.** Try to eat 5-6 mini-meals to prevent excessive hunger and overeating.
- **Don't skip breakfast, even if you aren't hungry.** Have a good source of protein at all meals (eggs, lean meats, beans or legumes, peanut butter, tofu or low fat cheese) and a complex carbohydrate (high fiber cereal, whole grain toast, or fruit) along with plenty of vegetables.
- **Limit the purchase of chips, crackers, sweets and snack foods.** Instead, snack on a small handful of nuts, fruit, vegetables and hummus, mozzarella string cheese sticks, or slices of lean turkey, chicken or ham.
- **If you feel the need to munch,** try drinking hot tea with Splenda or

Helpful Websites for WEIGHT MANAGEMENT

- www.thedailyplate.com
- www.sparkpeople.com
- www.calorieking.com
- www.mypyramid.gov
- www.fitday.com
- www.figwee.com



Crystal Lite as a non-caloric treat. Sugarless gum or sugar free mints can also be a good way to keep your mouth busy without consuming calories. Brushing your teeth is another effective way to make snacking less pleasurable.

- **Limit your intake of refined foods**—white bread, white rice, white pasta, white potatoes, sugary or low fiber cereals, juice, Kool Aid or boxed drinks, soft drinks, sugar, or sweets.
- **Get plenty of sleep** to promote a healthy metabolism, good health and more rapid healing. ■

WRITTEN BY DIADRA HARNDEN RD, LD

Congratulations to CARRIE FRIES

the winner of the drawing for \$150 towards Continuing Education!

Thanks to everyone who returned their forms by April 2nd!