



Returning Patients to the Speed of Life

Physical & Hand Therapy

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SCOPE OF SERVICES

- Physical Therapy
- Hand Therapy
- Sports Injury Treatments
- Work Injuries, including FCEs and work conditioning
- Diagnoses treated include:
 - spinal disorders
 - pre/post-op surgical disorders
 - repetitive stress disorders
 - hand and upper extremity injuries/disorders

OUR STAFF

CONTACT INFORMATION

In the Clinic: Good Nutrition for Recovery

With “downtime” spent in rest and healing, calorie needs are lower for most people recovering from an injury. With less to do, it’s especially tempting to snack on less nutritious foods. How can you keep your weight in check while taking in the nutrients you need to heal? Here are some simple tips to help you manage your nutritional needs:

EAT AT SET TIMES OF THE DAY. If possible, 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 cheese sticks, or slices of lean turkey, chicken or ham.

IF YOU FEEL THE NEED TO MUNCH, try drinking hot tea with Splenda or 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 way to make snacking less pleasurable.

LIMIT YOUR intake of refined

HELPFUL WEBSITES for Managing Weight

www.fitday.com

www.figwee.com

www.sparkpeople.com

www.thedailyplate.com

www.mypyramid.gov

www.calorieking.com

foods—white bread, white rice, white potatoes, white pasta, 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.

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PLEASE CONSULT WITH YOUR PHYSICIAN BEFORE MAKING MAJOR CHANGES TO YOUR DIET.

in consultation with
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