

**Summer
2022
Newsletter**



How to Garden Comfortably

Team Member Recipe Swap

Pool Safety Tips

COVID-19 Updates and More

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Telegraph Road Physical Therapy

2909 Telegraph Road, St. Louis, MO 63125
Ph. (314) 894-9008 Fax (314) 894-1232

We are a locally-owned private practice that has been proudly serving the South St. Louis region for over 35 years. One of our licensed physical therapists will be able to accurately diagnose the cause of your pain and treat you with the therapy that is best suited for your individual condition. Call us today for more information or to request an appointment.



Our Services

- Orthopedics
- Neurological
- Sports Rehab
- Geriatrics
- COVID-19 Recovery
- Hands-On Diagnostic Testing Services

How to Garden Comfortably

Summertime is the perfect time to get out in your garden and tend to your plants. However, as leisurely as gardening may seem, it is actually a physically tasking job for any age. The prolonged postions and repetitious motions combined with summer heat can exhaust the body very quickly and easily lead to injury. Fortunately, we have some tips for how you can not only avoid injury but enjoy bringing your flowers to bloom.

We highly reccommend investing in a gardening stool or pad to use when sitting or kneeling for extended periods of time. For gardeners with back complications, raised flower beds are a good option to avoid the need for bending down.

It is a good idea to take breaks while gardening and switch up activities to avoid being in one prolonged position. For example, try doing something light, such as weeding, for 20 minutes and then switch to something heavier like digging for 20 minutes. Ideally, you would want to be tasking yourself with three different sessions of gardening every hour.

Obviously we reccommend using caution when lifting heavy objects. Use your legs, not your back when lifting, including picking up your wheelbarrow. Keep a straight torso and gently pull in your stomach muscles to engage your core and provide additional support when lifting. Your legs are strongest when bent only halfway so avoid squatting too far down before going up. Lift the items close to your body and avoid twisting on the way up or down.

Gloves are a great idea, not only to protect your hands from thorns, blisters, and dirt but also the soil can dry out your skin. Gloves need to fit well and not be too tight or too loose. Good options for gloves are padded palms, terry-cloth on the back side of the hand to wipe your brow, velcro tighteners at the wrist to keep dirt out, and machine-washable material for easy-cleaning.

When selecting tools, a good grip handle is not a bad idea. For larger tools, the right size makes the task easier. For example, a longer handle can prevent bending over more.

As with any physical activity, stretching is a good idea before and after gardening. We recommend walking for about 5 minutes around your yard to warm up and then do some dynamic stretching such as arm swings, shoulder swings, neck stretches, leg swings, and back rotations. Stretching should not be painful so don't push your body beyond your limits. Start slow and build up. After gardening, try static streteches such as posterior shoulder stretch, chest stretch, standing back extension, and hamstring/quad stretch.

These stretches are important and then the stretches will be in unison with the rest of the body. And then the range of motion is easily comfortable at that time.



Brad's Grilled Chicken and Asparagus Pesto Pasta



Recipe:

- 2 boneless skinless chicken breasts
- 1 teaspoon Italian seasoning
- 1 pound asparagus, woody ends cut off
- Olive oil, kosher salt and fresh ground black pepper to taste
- 12 ounces rotini pasta, gluten free if needed
- 1/3 cup pesto
- 1/2 of a lemon, juiced
- 3 tablespoons shredded Pecorino Romano or parmesan cheese
- 2 tablespoons toasted pine nuts
- Fresh chopped basil and more Pecorino Romano for garnish

1. Cook the pasta according to package instructions. Drain and put into a large serving bowl.
2. While the pasta cooks, preheat the grill to medium-high heat.
3. Season the chicken with Italian seasoning, salt and pepper. On a baking sheet lined with foil, lay the asparagus out in a single layer. Drizzle with olive oil, salt and pepper and toss to coat.
4. Grill the chicken for approximately 4-6 minutes then flip over and grill another 4-6 minutes or until the internal temperature reaches 160-165 degrees F. Let it rest for 5 minutes before cutting it.
5. While the chicken cooks place the prepared asparagus onto the grill grates horizontally. Grill for 2 minutes then roll or flip them over with tongs and grill another 1-2 minutes. Cut into approximately 2 inch pieces.
6. Add the chopped chicken and asparagus to the bowl with the pasta. Add in the pesto, lemon juice and shredded romano or parmesan cheese. Season with salt and pepper and toss everything together until coated. Taste for seasoning. Garnish with toasted pine nuts and chopped fresh basil if desired. Serve warm or cold.

Kim's Whole30 Burger Bowls with Special Sauce

Recipe: for the burgers

1 pound ground beef
4 teaspoon garlic powder
1/2 teaspoon salt
1 teaspoon avocado or refined coconut oil

For the bowls

2 small heads romaine
1 1/2 cups cherry tomatoes
1/2 cup pickles
1 cup red onion
8-10 slices of bacon
2 avocados
1/2 tablespoon lemon juice
1/2 teaspoon salt

For the special sauce

1/2 cup mayonnaise
2 tablespoons ketchup
1 tablespoon coconut aminos
2 teaspoons of maple syrup
1 tablespoon dill pickle relish
2 teaspoons dried minced onion
Pinch crushed red pepper
Pinch salt



1. In a medium bowl, mix together beef, garlic powder, and salt. Heat avocado or coconut oil in a large skillet, preferably cast iron, over medium heat, then add beef and brown, crumbling with a spatula or spoon.
2. Meanwhile, prepare remaining elements for the burger bowls.
3. Make quick guacamole: In a medium bowl, mash together avocado, lemon juice, and 1/2 teaspoon salt.
4. Make the special sauce: whisk together all special sauce ingredients, using coconut aminos only if you're on a Whole30 and skipping the maple syrup. If you're NOT on a Whole30, skip the coconut aminos and use the maple syrup only. Set aside.
5. When beef is browned and crumbled, remove from skillet and return skillet to medium heat. Add red onions in a single layer and cook until lightly charred on the bottom, then flip. Cook until lightly charred on the second side then remove and repeat until all onions are lightly cooked.
6. Assemble: start with a layer of romaine in your serving bowls, then spoon 1/4 of the ground beef mixture into the center. Arrange remaining items around the beef: tomatoes, pickles, red onion, bacon, and quick guacamole. Drizzle with plenty of special sauce and serve.



Jeanna's Pineapple Salsa

Recipe:

- 1 small pineapple chopped (about 3 cups)
- 1 small red pepper diced
- 1 small green pepper diced
- 1/2 red onion chopped
- 1/4 cup cilantro chopped
- 1/4 cup lime juice from about 1-2 medium-large limes
- 1 tablespoon olive oil
- 1 teaspoon honey
- 1/2 teaspoon ground cumin
- 1/2 teaspoon salt

1. Add pineapple, both peppers, red onion and cilantro to a medium bowl.
2. Whisk together lime juice, olive oil, honey, ground cumin and salt.
3. Pour dressing over salsa ingredients in bowl and toss well. Cover and refrigerate for up to 24 hours before serving.

Pool Safety Tips

1. Swim Suit Color Safety

There are certain swim suit colors that show up better underwater than others. It is important to be aware of the best and worst colors because some swimsuits are nearly impossible to see underwater if a child were drowning. Look up the swimsuit color safety test to see which are the best colors with certain pool colors.

2. Wear Sunblock

This tip seems obvious but many don't realize the importance of sunblock, especially for children. You can also still get a tan with sunblock!

3. Pool Regulations

If you own a pool, all regulations should be followed. Make sure certain areas are fenced in, no glass near the pool, and water is tested and treated properly. All of these contribute to a safe environment for summer fun!

4. Swim in Partners

Even adults should abide by this rule. All it takes is one incident and a matter of seconds for tragedy to happen. Avoid it and make sure everyone is safe.

5. Watch Animals Very Closely

Many of us have pets that we love to have around especially when the whole family is outside enjoying a pool day. However, if your furry friend is around make sure to keep a close eye in case they jump or fall in the pool which could harm them and others in rare cases.

6. Stay Hydrated

Anytime you are out in the sun it is important to have water to drink. Staying hydrated can help recover sweat lost and keep you from feeling sluggish when coming in after the pool time.

7. Take Swim Lessons/Learn Lifeguard Tactics

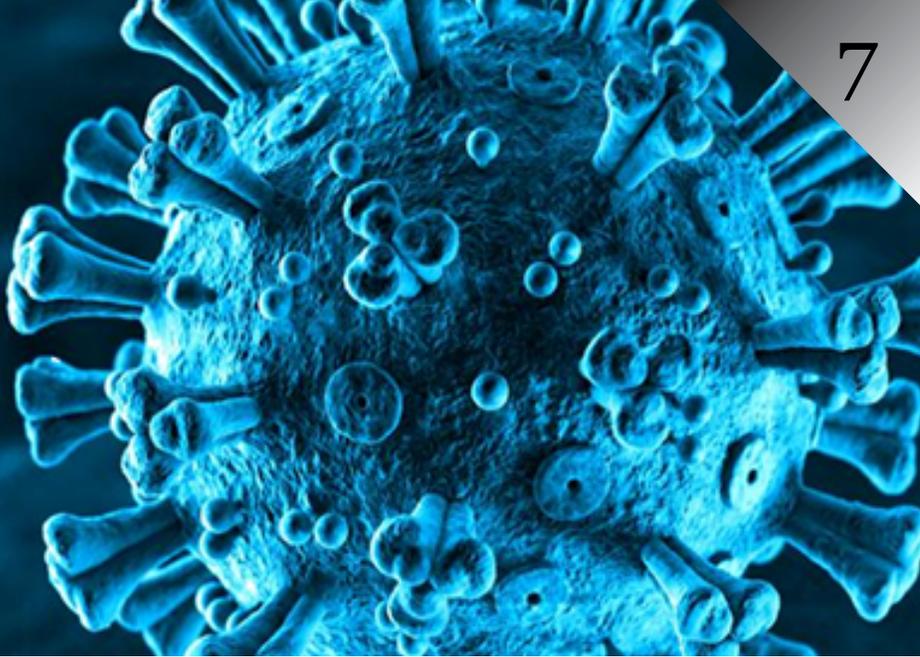
Anyone that doesn't already know how to swim should be encouraged to take lessons even if they don't plan on swimming. Accidents can happen and anyone can fall in. It is also important to learn lifeguard tactics in the event you see someone drowning.

8. Drink Responsibly if Consuming Alcohol

Many people enjoy a cold drink by the pool to relax, however it is not a good time to be getting buzzed as that can increase your risk of drowning and inhibit your ability to save others in the case something happens.



COVID-19 Updates



St. Louis County is now in high level for COVID cases. This means transmission and hospital admission rates are back up. In response to the spike in cases recently, we kindly ask all patients to follow our updated COVID protocol:

- Patients are able to come in for their sessions without a mask.
- Stay home if you have any symptoms. Notify the clinic staff of your symptoms.
- If you have been exposed, please wait 5 days after exposure, while monitoring that there are no symptoms, before returning to therapy sessions.
- If a patient is attending a big social gathering such as a wedding, we kindly ask that they please wait 5 days after the event and monitor that there are no symptoms before returning to therapy sessions.

Our protocol is set in place to protect not only our staff so that they can continue to see patients on a daily basis but also our high-risk patients, many of which are immuno-compromised. We hope all that enter our clinic will be understanding that these precautions are set in place because our patients' health is our top priority.

A Letter From a Team Member at Telegraph Road Physical Therapy



Kim Neff

Physical Therapy
Assistant

I started working in physical therapy 23 years ago. I have an Associates Degree in Physical Therapy and a Bachelors Degree in Biology. I have worked in many areas of physical therapy such as long term care, outpatient orthopedics, home health, pediatrics, and the school districts.

Brad and I started working together many moons ago at St. Anthony's in the outpatient therapy department. Brad

was actually one of the therapists I was paired up with who was my mentor and helped me grow as a therapist.

What I enjoy and what makes us different, at Telegraph Road Physical Therapy, is the one on one treatment we give to our patients. We aren't working with 3 people at a time and running around checking off an exercise sheet. We are treating the patient and their needs not just the injury or surgery procedure. Not many therapy places are able to give patients the one on one treatment. We are fortunate to continue to serve our patients in this manner.

Brad and I collaborate on each patient to determine the best treatment for them to get back to their functional ability to live their life.

A handwritten signature in black ink that reads "Kim Neff". The signature is written in a cursive, flowing style.

Clinic Events and News

Upcoming Events

**July-August,
2022**

Back-School Supply
Drive

September, 2022

Mud Run



We want to hear from YOU!

So far in 2022, we have hosted a food drive for Feed My People and raised awareness and collected donations all of April for Parkinson's Awareness Month. While we have some charity events coming up, we would like to hear from our community! Is there a cause that is close to you or a local opportunity to do some good? We would love to hear about it. Email any charity ideas to telegraphroadpt@sbcglobal.net.

Source Credits

<https://reciperunner.com/grilled-chicken-asparagus-pesto-pasta/>

<https://www.savorynothings.com/easy-pineapple-salsa/>

<https://40aprons.com/loaded-burger-bowls-whole30-paleo-low-carb/>

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