



Convenient Location:

Dearborn: 3361 Greenfield Road
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www.trirehab.com

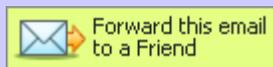
Free Transportation

We offer free transportation to those in need to our Dearborn center.



Tri-Rehab's Customized Services Include:

- Balance Programs**
- Shoulder and Neck Conditions**
- Hip, Knee and Ankle Conditions**
- Work and Auto Accidents**
- Wii Rehab Programs**
- Low Back Pain**



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In this issue Tri-Rehab is sharing helpful tips for you to keep in mind when removing snow. We hope you find this information helpful. And of course, we hope you choose Tri-Rehab as your rehab provider!

Think Safety First When Removing Snow.



As cold weather and the first snow arrive it is important to remember that shoveling or even using a snow blower is vigorous exercise. Before engaging in any snow removal activity be sure to check with your doctor because snow removal does place a significant amount of stress on the heart.

As with any exercise remember to dress appropriately for removing snow, water repellent clothing in light layers is best when combined with a warm hat and mittens as well as warm non-slip boots. The American Academy of Orthopaedic Surgeons (AAOS) also recommends people do a light warm-up before clearing snow and remember since snow removal is vigorous exercise take frequent breaks and drink water to avoid dehydration

AVOID FROST BITE DURING THE WINTER SEASON.

Frostbite occurs when the heat supply to a part of the body is insufficient to counteract the heat loss and results in actual freezing. The frozen area is normally small and most commonly occurs on the nose, ears, cheeks and fingers. The signs and symptoms for frostbite can include frostnip (initially red, then white and painless with soft skin). Superficial frostbite shows white and waxy skin with firm, soft tissue while deep frostbite shows signs of blotchy skin with a white to purplish tinge, numbness and solid skin over entire depth. Treatment for first and second degree frostbite includes warming the tissue with warm water or a warm hand over the involved area. This area will be extremely sensitive to further cold exposure and should be protected accordingly. The treatment for third degree frostbite is to transport the person to a medical facility immediately. There is often permanent damage with this type of injury.

Tips to avoid cold injury:

1. Cover all exposed surfaces in a cold environment.
2. Avoid contact with colder objects or cold wind.
3. Wear several layers of light, dry, loose fitting clothes.
4. Change clothing if it becomes wet.
5. Know your environment and be prepared

**Call today for an
appointment tomorrow!**

The shovel should be the proper size and height for your body build, the proper size shovel and the use of the tool grips will maximize your strength for removing the snow. If possible, push the snow rather than lift it, but if you must lift the snow follow these easy tips:

1. Squat with your legs shoulder width apart, knees bent and back straight.
2. Lift with your legs and avoid bending at the waist.
3. Scoop small amounts of snow and walk to the dumping spot rather than throwing the snow with the shovel, this will help avoid extra strain on your spine and unnecessary twisting.
4. Remove large amounts of snow in pieces, rather than all at once.

If you feel shortness of breath, chest pain or other signs of a heart attack, stop immediately and seek medical attention. Back pain persisting for more than two days may be the sign of a muscle strain or injury and a doctor should be consulted.

Sources: www.orthoinfo.org

Accepted Insurance Plans

Medicare	Blue Cross Blue Shield
Theramatrix	Aetna
Cigna	Health Alliance Plan
TriCare	Workman's Compensation
Auto	United Healthcare

If you do not see your insurance plan, please call our office as we are an approved provider of over 35 plans.