



Come See Our Dearborn Location!

Dearborn: 3361 Greenfield Road
(313) 593-1703 (313) 593-1939 fax

OCTOBER 2010

www.trirehab.com

Thank you to everyone for contributing to the Gleaner's Food Bank! We collected 340 pounds of food!

Thank you to all the Dearborn Seniors who came out to see us at the Dearborn Senior Center Health Fair!

October is breast cancer awareness month so be sure to have your annual exam.

The American Heart Association has officially changed its guidelines for CPR. Check

12 Safety tips to avoid injuries in your home.



Providing a safe environment for our loved ones to minimize potential falls is key to staying healthy and avoiding other health issues.

1. Be sure that all electrical and phone cords are tucked out of the way and that all throw rugs are removed.
2. Make sure carpet is safely secured to the floor and that there are no wrinkles or raised

areas

out:www.heart.org
for more details.

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3. Place non-skid strips on the bottom of the bathtub.
4. Be sure to sit down while shaving, brushing your teeth, styling your hair or putting on

make-up. Use a tabletop mirror or a full length mirror so you can use it while either standing

or sitting.

5. Be careful when you walk from one surface to the next, for example, from a carpeted area

to a tile floor.

6. When moving from a lying down position to a standing position, sit up first, rest a moment,

then proceed to stand up slowly and stand a few moments before trying to walk.

7. Arrange items in your cupboards so that the frequently used items are easy to reach.

8. Make sure that all stairs and hallways are well-lit and free of clutter.

9. Be sure to always use railings when going up or down stairs. It is always a good idea to have railing on both sides. If there are no railings, place your hand along the wall as you proceed.

10. Use night-lights to assist you walking at night.

11. Sit on firm, high furniture that has arm rests to assist you when standing.

12. Avoid ladders, try and have someone else get high items to prevent falling.

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.