



Come See Our Dearborn Location!

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

September 2010

www.trirehab.com

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

WWW.TRIREHAB.COM

Food Drive!

Tri-Rehab, Inc. is sponsoring a food drive to benefit Gleaner's Food Bank September 1st-30th. Please bring in your non-perishable items to help those in need.

Follow us on Facebook and Twitter for more Staff News.

Avoid back injuries while raking leaves this fall.



Raking leaves in the fall can be time consuming but it doesn't need to strain your back, here are some easy tips for raking.

1. Use a rake that is a proper height and weight for your body type. An oversized or short rake can put extra stress on your back.
2. Warm-up and stretch. Raking is exercise and you should warm up and stretch before engaging in any exercise and don't overdo it.
3. Avoid twisting and improper lifting techniques; bend down using your legs and keep weight close to your body.
4. Rehydrate. Drink plenty of water to avoid dehydration while raking leaves.
5. Cool down. Remember to conclude your raking with some gentle stretching to increase flexibility and avoid muscle stiffness.

Find us on Facebook 

Follow us on 

Call today for an
appointment tomorrow!
(313) 593-1703

5 Quick and easy tips to avoid backpack injuries this fall.

Back to school time is here. As your child prepares to head back to school here are some easy tips to avoid backpack injuries.

1. The backpack should have padded straps to cushion the shoulders.
2. A good backpack should fit snugly so balance can be maintained while carrying books or other weight.
3. A backpack should never be used to carry more than 15% of your body weight.
4. Load the backpack with the largest and heaviest items closest to your body.
5. Use both straps when picking up and carrying the backpack, never carry a heavy backpack with one strap.

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.