



Two Convenient Locations:

Dearborn: 2330 Monroe Street, Suite A
(313) 593-1703 (313) 593-1939 fax

Canton: 320 N Canton Center Road
(734) 981-1500 (734) 981-1515 fax

February
2012

www.trirehab.com

Free Transportation:

We offer free transportation to those in need to our Dearborn and Canton centers.



Tri-Rehab Services:

PT & AT Rehab Programs:

- Back
- Neck
- Shoulder
- Elbow
- Wrist
- Hand
- Hip
- Knee &
- Ankle Conditions
- Balance Programs
- Fall Prevention Screening
- Work & Auto Accidents
- Wii Rehab Programs
- Orthotics
- Performance Enhancement



WWW.TRIREHAB.COM

Safety Tips for Shoveling Snow



We have had a mild winter so far this year, however, it seems as though the snow might be here to stay. As you get ready to shovel your driveway, sidewalk or porch, make sure to take precaution

because shoveling can be a very intense cardio workout.

[To learn more about safely removing your snow click here.](#)

Creative Ways to Keep Everyone Moving this Winter

Michigan winters can be beautiful; filled with skiing, sledding and snow fights. However, unless you are willing to gear up for the weather every day, it can be hard for a family to remain active through this long, cold season. Here are some great ideas to get your kids and you moving right inside your home:



1. Balloon Volleyball- Balloons offer a lightweight option for indoor volleyball. Balloons, unlike balls reduce the risk of damage to items inside your home. Clear a space in the room using tape or furniture for the lines of the volleyball court. A string tied across the room creates the volleyball

Accepted Insurance Plans

Medicare
Blue Cross Blue Shield
Aetna
Cigna
Tri Care
Health Alliance Plan
Workman's Compensation
United Healthcare
Auto Insurance
Cofinity

***If you do not see your insurance listed, call our office as we are approved with over 35 insurance plans.**

Tell us Your Story!



At Tri-Rehab we are always working together to help you succeed. We would love to hear how we were able to help you reach your goals. Help us share your story with others who may be working towards their own personal goals.

[Share with our friends on Facebook](#)
[Write a review on Google](#)

net. To make it more noticeable, try tying short strips of fabric to the string so they hang down. Take turns serving a balloon over the net and hitting it back and forth like a regular volleyball game. Balloon volleyball works well for a variety of ages because the balloons drop slowly giving younger kids a chance to hit it.

2. Exercise Stations- Exercise stations around the house gives everyone a chance to get in some fitness even on snowy days. Choose exercises with an entertaining element such as seeing how long you can hit a balloon in the air without it hitting the floor, dancing, "weightlifting" with books or marching in place. To turn the exercise stations into a game, challenge the everyone to see how many exercises they can complete in a set amount of time. The person completing the most of each exercise is the winner.

3. Active Art- Everyone works on fitness while creating artwork in this indoor game. Spread out large sheets of paper on the floor. A large roll of paper works well for this art project. Tape the paper to the floor so it doesn't rip or get bunched. Everyone dips their feet into some paint and dances around on the paper. Turn on some music to offer inspiration in their movements.

4. Hopping- Hopping increases the heart rate and can entertain kids for long periods of time. There are several options for hopping activities indoors. Try organizing a hopping race from one side of the room to the other or compete to see who can hop on one foot the longest. Tape allows you to make a hopscotch grid on the floor inside. Another option is to set up an obstacle course inside with pillows, chairs and other items. Have everyone hop through the obstacle course.

If you have any questions or recommendations about activities families can do indoors to stay active find us on facebook and let us know!

[Like us on Facebook](#) 

reference:[Indoor Fitness Games for Kids](#)

Donate to Dearborn Animal Shelter!



During the month of February Tri-Rehab is collecting donations for the Dearborn Animal Shelter. We will be accepting items such as dog and cat food, cat litter, dog treats, trash bags, paper towels, bleach and anything else you would

like to donate. Thank you for helping us support our community animal shelter. If you have any questions or would like a full list of needed

items [contact](#) us at one of our offices or via [Facebook](#) for the animal shelter's "wishlist."

*Money donations also accepted; make checks payable to Dearborn Animal Shelter.

Remember that at Tri-Rehab it's all about you! For more information visit our website www.trirehab.com