



**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

January 2012  
[com](http://www.trirehab.com)

[www.trirehab.com](http://www.trirehab.com)

**Free Transportation:**

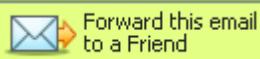
We offer free transportation to those in need to our Dearborn and Canton centers.



**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



**Reduce Stress by Setting up Your Computer Station Properly**



Are you ever sore, stiff and maybe a little cranky at the end of a long work day? When you are sitting at a desk all day with a less than perfect set-up, it can be

uncomfortable and a major contributor to these issues. Here are easy tips to help you set up a proper computer workstation:

[Click here to read all 10 tips](#)

**Why You Should Strengthen Your Core**

Four Reasons Why a Strong Core is Important

Just like it sounds, your "core" is the center of your body; it is the musculature that surrounds the center of your body. We use our core in everyday activities such as walking, driving and lifting. Here are just a few reasons why strengthening your core could benefit your life:

1. A stronger core will help prevent injuries to the spine, pelvis and shoulder joints because the stronger muscles can better handle the rotation and compression of strenuous activities.
2. The stronger your core, the more stable your center of gravity. This allows you to have better balance and control of both your arms and legs.
3. With a stronger core, your lower back will be more flexible. This will make actions such as bending to tie your shoe or reaching up to get something off the top shelf much easier

[WWW.TRIREHAB.COM](http://WWW.TRIREHAB.COM)

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.

4. A sign of a weak core can be bad posture. A stronger core will improve your posture and flatten your stomach muscles giving you less of a "pooch" in the front of your abdomen.

Below is a video with two very easy but effective core strengthening exercises designed not to strain your neck.



Best Core Strength Exercises for Beginners

If you have any questions about incorporating core strengthening into your workout program feel free to find us on Facebook and ask one of our athletic trainers!

[Like us on Facebook](#) 

**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](#)

Remember that at Tri-Rehab it's all about you! For more information visit our website [www.trirehab.com](http://www.trirehab.com)