

March  
2012

[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



**WWW.TRIREHAB.COM**

Accented

**Thank You for Your Contributions!**



Last month we collected donations for the Dearborn Animal Shelter. They had a huge wish list of needed items! With all of your generous donations we were able to collect items such as food, toys, cleaning supplies

and money. Thank you for supporting a great cause!

**Safety Tips for Spring Yard Cleanup**

The warm weather this March has everyone thinking about Spring Cleaning a little bit earlier than usual. Unfortunately, no matter how well



you cleaned your yard last year, there is no escaping the fact that you're going to have to do it all over again. Regardless of your fitness level you are going to be sore once you're finished. However, there are efforts you can make to avoid injury. Here are some helpful tips to prevent common injuries that can be a result of strenuous yard work.

1. **Make sure to warm-up before you begin.** Yard work and gardening involves using almost every muscle in your body. Try walking for a few minutes to increase circulation throughout your body. A little light stretching will help reduce the risk of strains and soreness.

2. **Maintain your posture while**

## 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](#)

**raking.** When raking, make sure to keep your legs wide enough apart to keep yourself sturdy. Hold the rake with one hand near the end and their other one about two-thirds down the handle. Avoid twisting while raking; use your legs to shift your weight from side-to-side.

3. **Lift heavy loads correctly.** Never bend over with straight knees to pick up something heavy. This risks injury to your lower back muscles. Instead, bend at the knees and use your legs to lift the object.

4. **Kneeling is better than bending.** If you are weeding, do not bend over the whole time. Kneel down and place a pillow or a mat under your knees. If this is too hard on your knees another option is to flip a bucket upside down and sit on it.

5. **Support your feet.** When working in the yard, make sure that you are wearing proper shoes. Do not wear sandals or flip-flops that could leave your feet open to injury. Your shoes should have a skid-resistant sole to ensure good footing on uneven ground. They should also cover your entire foot to protect from sharp objects.

It is much easier to prevent injury to your body than it is to repair it. Be careful and listen to your body. Spread your yard work out over a few days if necessary, it will still be there tomorrow. For any questions about precautions that should be taken when doing strenuous yard work, find us on Facebook and ask one of our licensed athletic trainers.

Like us on Facebook 

### March is National Athletic Trainers Month!



Athletic Trainers are health care professionals specialized in the prevention, assessment, treatment and rehabilitation of injuries that occur during sport or physical activities. This month Tri-Rehab would like to recognize its owners Jan and Ann. Both ladies go above and beyond not only for their patients, but for their student athletes, friends, family, colleagues, and the profession of athletic training overall. They help give all athletic trainers a great name!