

Wellness Monthly



By: Orthopedic & Sports Physical Therapy

Happy Valentines Day!

February 2010



Staff Feature
Coral Verhaagen
Administrative Assistant

Coral was born at St. Francis Hospital in Breckenridge, MN. She was raised in Campbell, MN where she attended school and graduated from Campbell High School. Coral has worked as an Administrative assistant for other area businesses such as St. Francis Hospital, Dr. Jacklitch & Mitskog Chiropractic offices, 3-M and Service Master. She has also worked as a Hiring Professional for Manpower. She started for OSPTI in 2005 and has now put in 5 years of service with the company. Coral and her husband Ron live in Campbell where they raised 4 children. Mindy, Sandi, Todd & Ty. This year Coral's 2 daughters each had a daughter of their own; Nola and Emily. Coral enjoys spending time with her family and granddaughters. Her hobbies include scrapbooking and spending time with her dog Izzy and Izzy's friend Bentley!

Joke Submitted by Ben Guck- PT, DPT

Q: What do farmers give their wives on Valentine's Day?

A: Hogs and Kisses!

Q: What did the painter say to her boyfriend?

A: "I love you with all my art!"

Q: What does a man who loves his car do on February 14?

A: He gives it a Valenshine!

Birthdays

Kari Matejcek- 2nd

Peggy WasseMiller- 5th

Ben Guck- 24th

Services at OSPTI

Physical Therapy

Occupational Therapy

Massage Therapy

Paraffin Wax

Aqua bed Massage

Open Gym

Open Pool

Personal Training

What's happening at OSPTI

Water Aerobics- \$35/mo 2x/wk

Monday & Thursdays 10:30 am

Tuesday & Thursdays 5:15 pm

Water Arthritis- \$18/mo 1x/wk

Wednesdays 9:00 am

OSPTI

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218-641-7725

*Shop for your Valentine
At OSPTI*

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The Benefits of Getting Enough Sleep

- Helps organize memories, solidify learning, and improve concentration
- Benefits the immune system
- Time of rest and repair for neurons, it serves as downtime for the brain
- Hormones that regulate certain body functions are time released during sleep, for example, growth hormones
- It keeps our health, emotions and well-being in check

Consequences of Too Little Sleep

- Poor performance in school, on the job, or in sports
- Makes you irritable, affects your emotions, social interactions, and decision making
- It weakens your immune system, making you more susceptible to illness and disease
- Leads to memory and concentration problems

Secrets to a Good Night Sleep

If you are having trouble falling asleep, waking up too often, or don't feel well rested when you get up - try some of the following techniques to improve the quality and quantity of your sleep.

- Listen to white noise or relaxing music.
- Avoid bedtime snacks, particularly grains and sugars, they tend to raise the blood sugar and inhibit sleep.
- Sleep in complete darkness, and if you get up in the night to use the bathroom, keep that light minimal as well.

- No TV right before bed – it over stimulates the brain and makes it more difficult to get to sleep
- If reading to relax before bed, make sure it is just that – relax you. A suspenseful book might keep you up reading for hours instead of going to sleep.
- Try journaling. It helps to write down your thoughts before bed, instead of lying down with your mind racing with the happenings of your day.
- Avoid caffeine. It is not metabolized very efficiently, and an afternoon cup of coffee may keep some people from falling asleep at night.
- Take a hot shower, bath or sauna before bed. When body temperature is raised in the late evening, it will fall at bedtime, facilitating sleep.
- Put your work away and stop evening chores an hour before bed. This will give your mind and body a chance to unwind so that you fall asleep feeling calm and more relaxed.

Looking for a gift for your Valentine?

Aqua Massage Bed.....	\$10/15 min.
Chiroflow Water Pillow.....	\$40.00
30 Minute Massage.....	\$35.00
60 Minute Massage.....	\$60.00
60 Minute Hot Stone Massage.....	\$75.00
90 Minute Hot Stone Massage.....	\$85.00
Various Massage Packages.....	\$64.00-\$175.00