

JANUARY 2009



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Getting YOU back to working, playing & living

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Published monthly by Orthopaedic Rehab Specialists, P.C.

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HAPPY NEW YEAR



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Angie Fiedler, PTA
Michelle Dominick, PTA
Julie Albin, PTA

David Cwynar, PT—David comes to ORS on a part-time basis and will be working with patients at the Page Avenue clinic.

Adrienne Tawney, PT— Adrienne is a 2008 graduate of Oakland University and is beginning her career with us!

Julie Albin, PTA—Julie comes to ORS from a skilled nursing facility in Jackson and will be working with patients at the Page Avenue clinic.

Karen Leja, PT—Karen returns to ORS & will be working at the Aquatic Center. Welcome back Karen!

Jason Cody, Physician Liaison— Jason comes to ORS from Toledo, Ohio. He has worked as a Physician Liaison & Pharmaceutical Representative in recent years and looks forward to getting to know our community and referring Physicians.

Please join us in welcoming them to the ORS family!

What are
your New Year's
Resolutions?



NEW YEAR'S RESOLUTIONS
GONE BAD?

By Susie Huffman, PTA

2009 is here and most of us are into it full-swing already. Remember those New Year's resolutions you made the week before Christmas? Eat healthier, exercise more, write to my Grandma more often, have a cleaner house....etc. How are those going for you? If you're like me you have more than likely broken more than one of them already. I made this resolution to resist doughnuts. Well, have you ever heard a doughnut call out your name as you are driving by good-ole Dunkin's? Somehow, like a magnet, you are pulled into the parking lot and into the store and before you know it you have stuffed that New Year's resolution down your throat.

by good-ole Dunkin's? Somehow, like a magnet, you are pulled into the parking lot and into the store and before you know it you have stuffed that New Year's resolution down your throat, literally. What happened to your will-power? You thought you had some self control and you blew it before you knew it!

Well, what I am about to tell you may help you to 1) not be so down on yourself for indulging in the past and 2) show you some ways that you can resist the urge in the future.

Many of us struggle with this annoying challenge and wonder why it is that our self control can be so strong on some days and so weak on others. Most people will say that you just goofed, and your self control is dependent on your psychological strength alone. Physiological factors, such as blood sugar, brain chemistry, and hormone, also influence—and can undermine—our powers of self-restraint. You do not have to wallow in self-pity and misery over your so-called "weak" willpower. I have gathered some practical tips that when put into daily practice will help you to reinforce your willpower when you feel it being depleted and your urges for doughnuts (or other such "bad" foods) overwhelm you.

Tip #1: Work on one thing at a time. You are setting yourself up for failure when you try to cut down on too many things at once. In the end it will stress you out and you will end up giving up altogether. For example, if one of your resolutions is to eat healthier and another is to spend less time surfing the internet, choose one to work on first. You can even use one resolution to “reward” yourself and help with the other. If you have eaten healthy all day, perhaps you should reward yourself by surfing the internet for an hour and no more. Limit yourself, but don’t go overboard. Like my mom always used to say “everything in moderation.”

If another resolution is to spend less money and if you’ve spent the whole day fighting the urge to tell off a difficult coworker, don’t go shopping after work. Research has found that people were willing to purchase more when their willpower had been drained by a previous unrelated exercise in self-control.

Tip #2: Eat Lunch. Even a small blood-sugar dip, which occurs after you’ve skipped a meal, can mess up the areas in your brain that oversee planning and self-restraint. Ironically, research shows that exerting your willpower decreases glucose even more. So for example, if you skip lunch and spend the afternoon fighting the desire to dip into a coworker’s candy jar, you could set yourself up for an evening binge. I would recommend keeping some protein bars

you could set yourself up for an evening binge. I would recommend keeping some protein bars in your purse or brief case or desk drawer at work so that you will never have to skip a meal if you don't have time to leave the office during your lunch break. By keeping your blood sugar steady you will be able to resist eating stuff you will regret and doing other impulsive things later. As a tool, multiply your target weight by 10 and never eat fewer calories than the number you come up with.

[Tip#3: Exercise Daily.](#) Most people make this more difficult than it really has to be. Budget your time wisely, and make exercise a priority. Just get off your hind-end and take a walk, if you don't have time for anything more. Exercise helps to maintain healthy levels of Leptin, a hormone that plays a primary role in regulating energy intake and energy expenditure, including appetite and metabolism.

Hopefully you have made some reasonable and achievable resolutions regarding your health in 2009. Remember, it could be those lovely hormones, or blood sugar or your lack of exercise that are throwing off your will-power. So when you break a resolution, figure out why, and make steps to resist doing it again. Stick to it, live actively and healthfully and most of all have a Happy New Year!

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Don't let January slip by without coming in for Fitness Training!

Group & Individual

ORTHOPAEDIC REHAB NEWS!



ORS GIVES BACK

Each year, the employees at Orthopaedic Rehab Specialists come together and give generously during the holiday season. While times seem tough for all of us, we remember the importance of those around us who may be in tougher situations than ourselves.

Through our charitable endeavors we are able to give to many organizations and individuals in need.

Among our contributions, we raised over \$15,000 for families in need & local organizations in the Jackson area. Our employees took part in shopping and wrapping gifts to ensure a very Merry Christ-



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forming now, so
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part in shopping and wrapping gifts to ensure a very Merry Christmas for many.

Some of the charities and organizations who received generous donations were:

Warm the Children

Lily Mission

Interfaith Shelter

Families in Need

Make a Wish

Ele's Place

And Many, many more!