

April

NEWSLETTER



SERVICES

- **PRE & POST SURGICAL REHAB**
- **GENERAL ORTHOPEDICS**
- **SPRAINS & STRAINS**
- **WORK-RELATED INJURIES**
- **VESTIBULAR REHABILITATION**
- **BACK & NECK PAIN**
- **NEUROLOGICAL DISORDERS**
- **BALANCE TRAINING**
- **POST MVA**
- **HAND THERAPY**
- **WORK CONDITIONING**
- **POSTURAL CORRECTION (ERGONOMICS)**

SPECIALTIES



Happy Easter
from your friends at
DYNAMIC
PHYSICAL THERAPY



All the people were great.
Didn't make it hard but
still gained as I went
along. I recommend them
all highly.

-Larry



TIME TO CONSUME WATER



- When you first wake up
- Before eating some food
- Before going to sleep

? Did you know ?

Consuming water is very beneficial to your overall health and daily activity.

We've heard more than once that many people do not enjoy water intake and would rather have other beverages.

But did you know that consuming a healthy amount of water can:

- Eliminate Headaches & Migraines
- Aid Digestion
- Encourage Weight Loss
- Flush Out Toxins
- Improve Brain Function
- Boost Immune System
- ...and more!

If you suffer from any issues above, checking your water intake may very well help you get on the right track to a healthier, happier, YOU!



I am very pleased with my care here. Coral was very kind and is fabulous at her job. The staff was all great.

Thank you for what you do
-Sheila

GRANDMA'S POTATO SALAD



INGREDIENTS

6LB. MEDIUM RED POTATOS
3/4 CUP MIRACLE WHIP

DRESSING

1 CUP WATER
1/2 CUP BUTTER, CUBED
1/4 CUP WHITE VINEGAR
2 LARGE EGGS
1/2 CUP SUGAR
4-1/2 TEASPOONS CORNSTARCH
3/4 CUP HEAVY WHIPPING CREAM

SALAD

1 SMALL ONION, FINELY CHOPPED
2 GREEN ONIONS, SLICED
1 TEASPOON SALT
1/2 TEASPOON PEPPER
3 HARD BOILED LARGE EGGS, SLICED
PAPRIKA

DIRECTIONS

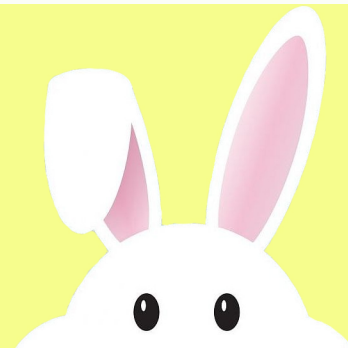
- Place potatoes in a stockpot and cover with water. Bring to a boil. Reduce heat; cover and cook until tender, about 20 minutes. Drain. When cool enough to handle, peel and slice potatoes; cool completely.
- For the dressing, in the top of a double boiler or metal bowl over barely simmering water, heat 1 cup water, butter and vinegar until butter is melted. In a small bowl, beat eggs; add sugar and cornstarch. Add to butter mixture; cook and stir until thickened, 5-7 minutes. Transfer to a large bowl; cool completely.
- In a small bowl, beat cream until stiff peaks form. Stir Miracle Whip into cooled dressing mixture; fold in whipped cream. Stir in onion, green onions, salt and pepper. Add potatoes; toss lightly to combine. Refrigerate, covered, until chilled.
- To serve, top with hard-boiled eggs; sprinkle with paprika.



WE KNOW THAT SOMETIMES RUNNING CAN TAKE A TOLL ON YOUR BODY. IF YOU FIND YOURSELF IN PAIN IN DOING SO, WE ARE HERE TO HELP!

COMMON RUNNING INJURIES INCLUDE

- IMPROPER HIP ALIGNMENT
- KNEE INJURIES
- ACHILLES TENDON PAIN
- CALF MUSCLE PAIN



LET US HELP YOU REDUCE PAIN & DISCOMFORT

MONDAY
8AM-6PM

TUESDAY-FRIDAY
7AM-6PM

BE *active*
BE *healthy*
BE *happy*



ENERGY. MOTION. POWER. BE DYNAMIC
CALL TO SCHEDULE AN EVALUATION TODAY!

(208)743-1795

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WWW.DYNAMIC-PHYSICAL-THERAPY.COM



FIND US ON SOCIAL MEDIA!

