

# JUNE NEWSLETTER



## SPECIALTIES

MANUAL THERAPY KINESIO TAPING  
MYOFASCIAL RELEASE TRIGGER POINT THERAPY

ENERGY. MOTION. POWER  
**BE DYNAMIC**

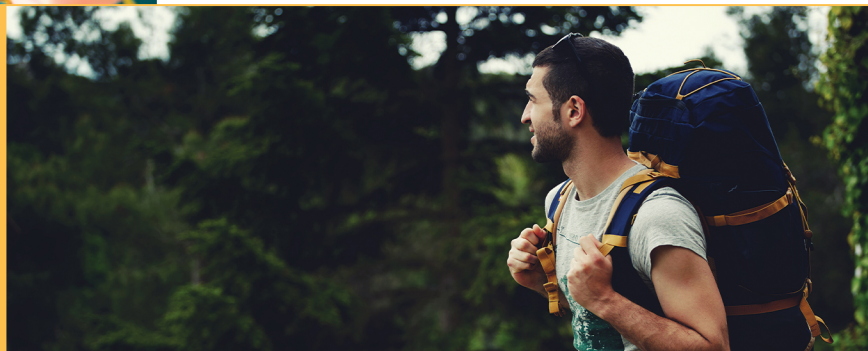


**HAPPY  
BIRTHDAY  
JOHANNA!  
JUNE 9TH**



After injuring my knee, I met with Physical Therapist, Johanna Strehle. She carefully listened, examined the injury, and then developed a treatment plan to promote healing, flexibility, and improve muscle strength. She and her team worked seamlessly to ensure that exercises were done properly and effectively. It worked well! I have the utmost confidence and respect for these compassionate and knowledgeable professionals.  
-June

**HAPPY  
FATHERS  
DAY!**





# 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



Everyone that worked with me were awesome. Very friendly. All seemed to be very knowlegable. I went to Dynamic Physical Therapy for my knee and shoulder surgeries and the results were awesome. I would highly reccomend Dynamic Physical Therapy!!

-Rick



## INGREDIENTS

### SALAD INGREDIENTS

3 ROMAIN HEARTS CHOPPED  
1 CUP ROASTED WALNUTS SEE NOTE #1  
1 CUP BLUEBERRIES  
1 PINT RASPBERRIES  
10 SMALL RADISHES WASHED, TRIMMED, SLICED THIN  
5 OUNCES GOAT CHEESE CRUMBLD

### LEMON POPPY SEED DRESSING

2/3 CUP OLIVE OIL  
1/3 CUP LEMON JUICE SEE NOTE #2  
1/4 CUP GRANULATED SUGAR  
1/8 TEASPOON SALT (OR JUST A PINCH)  
1 TEASPOON GROUND MUSTARD  
1 TABLESPOON POPPY SEEDS  
1 TABLESPOON HONEY OPTIONAL

## INSTRUCTIONS

TOSS ALL OF THE SALAD INGREDIENTS. WHISK TOGETHER THE OLIVE OIL, LEMON JUICE, SUGAR, SALT, AND MUSTARD UNTIL THE SUGAR IS COMPLETELY DISSOLVED. TASTE AND ADD MORE LEMON UNTIL IT HAS ENOUGH OF A LEMON FLAVOR FOR YOU. ADD MORE HONEY IF IT BECOMES OVERWHELMINGLY ACIDIC. STIR POPPY SEEDS INTO THE DRESSING. SERVE SALAD DRESSING ON THE SIDE AND ALLOW PEOPLE TO DRESS THEIR SALAD TO TASTE.

## NOTES

ROAST THE WALNUTS AT 400 DEGREES ON A PARCHMENT LINED BAKING SHEET FOR 5 MINUTES TO DEEPEN THEIR FLAVOR. (OPTIONAL STEP.)

THE BALANCE OF SWEET AND ACID IN THIS SALAD DRESSING IS REALLY IMPORTANT. START WITH 1/3 CUP LEMON JUICE. IF IT DOESN'T TASTE ENOUGH LIKE LEMON TO YOU ADD A LITTLE MORE, ABOUT A TEASPOON AT A TIME. IF YOU GO TOO FAR, ADD A TABLESPOON OF HONEY TO COUNTER BALANCE IT.



# Stay Active This Summer

It is Important to Keep  
Your Body Moving to

Develop Muscle Strength

Reduce Stress, Anxiety & Depression

Reduce Risk of Injury or Disease

Boost Brain Power



## KEY BENEFITS OF PHYSICAL THERAPY INCLUDE:

**PAIN RELIEF, IMPROVED MOBILITY, REHABILITATION, INJURY PREVENTION, NON-INVASIVE TREATMENT**



If You Find Yourself in Pain & Discomfort this Summer Season - We Are Here to Help You Find Relief!



# (208)743-1795

MON. 8AM-6PM | TUES.-FRI. 7AM-6PM

1023 21st ST. LEWISTON, IDAHO

FIND US ON SOCIAL MEDIA   [www.dynamic-physical-therapy.com](http://www.dynamic-physical-therapy.com)