



## Recipe Corner:

### Jorge's Healthy Banana Nut Cookies

3 ripe bananas  
2 cups rolled oats  
1 cup chopped dates  
1/3 cup vegetable oil  
1 TSP Vanilla Extract

1. Preheat oven to 350 F
2. In a large bowl, mash the bananas. Stir in oats, dates, oil, and vanilla. Mix well, and allow to sit for 15 minutes.
3. Drop by teaspoonfuls onto an ungreased cookie sheet.
4. Bake for 20 minutes in the preheated oven, or until lightly brown.

Have a healthy recipe to Share with OTS? Give it to Eric, and watch to see if it makes the Times!

### OTS Birthdays: APRIL

- Nicole (Tech)

### MAY

- Eric Furto, PT

## WELCOME TO THE OTS TIMES!

This is the inaugural issue of a quarterly publication created for the patients and the friends and family of patients of Orland Therapy Specialists. The purpose of this paper is to provide educational information regarding general health and fitness and injury prevention. This is also an opportunity to share unique information about the staff of OTS. Future issues of "the Times" will include tips for healthy living, information for injury prevention, and educational info about common injuries. Stop on by for the latest issue, or check us out online at [www.orlandpt.com](http://www.orlandpt.com)!

---

## FRESH LOOK FOR SPRING!!

In case you haven't noticed, things are changing at Orland Therapy Specialists! We are undergoing a facelift as we are repainting the waiting area and gymnasium. The color choices are in the clinic's colors of blue and tan. In order to serve our patient's better, we have installed a full length mirror with grab bars assist with leg and back exercises. So please excuse our mess as we work to modernize the environment. For you former patients, please feel free to stop by and check in on our progress!

---

## OTS TURNS 18!

On March 16, 2008, Orland Therapy Specialists celebrated its 18th anniversary of providing quality care to the communities surrounding Orland Park. As a privately owned Physical Therapy practice, we would like to thank all of our current and former patients and the physicians who put trust in us to care for their patients. You have all contributed to our success and it is why we say Thank You!

---

## HEALTHY BACK FACTS

What you should know:

1. 80% of adults have back pain in their lifetime
2. The best mattress for low back pain is a firm mattress.
3. It is best to sleep on your back with a pillow under your knees or on your side with a pillow between your knees.
4. Avoid lifting by bending forward or twisting; bend at the knees.