

## Jorge's Recipe Corner:

### Mexican Casserole

- 2 lb ground beef
- 2 cans chicken broth
- 1 cup sour cream
- 1 cup (10.5 oz) tomato soup
- 1 16 oz can whole kernel corn, drained
- 1/2 small onion, diced
- 1 cup Swiss cheese shredded
- 1 pkg taco seasoning
- 1/2 cup all-purpose flour
- 1 cup cheddar cheese, shredded
- 1 Tbsp Worcestershire sauce
- 1 red bell pepper, diced

#### Method

Brown meat and stir until crumbly, drain fat. Add taco seasoning, blend well. Add broth, flour, and tomato soup. Bring to boil to slightly thicken liquid. Stir in corn, pepper, onion, Worcestershire sauce and sour cream, blend well. Pour into 13 x 9 x 2 baking dish. Top with cheddar and Swiss cheese. Bake at 350 degrees for 5-10 minutes or until cheese is melted.

## Studies Indicate Physical Therapy Can Assist with Neck Pain!

Neck pain is a common problem. Studies show that 10% to 15% of adults are experiencing neck pain at any given time. *The Annals of Internal Medicine* (May 21, 2002) published a study that compares people with neck pain treated by physical therapists using two different approaches and continued care by an MD over a seven-week period.

This is the one of the first definitive studies we've seen comparing neck pain relief techniques. As physical therapists, we've seen mobility improve and pain decrease substantially with individual patients treated with manual techniques used in this study. Now we have scientific comparisons.

The group receiving focused, hands-on manual physical therapy techniques of joint and muscle mobilization, along with postural muscle strengthening-stabilization exercises, reported the greatest improvement (68%). They used less medication and missed fewer days of work.



The group receiving exercise-focused physical therapy techniques of stretching and strengthening with less hands-on techniques showed the second most improvement (51%).

The group that only had follow-up visits with their general practitioner (MD) and received medications, an educational booklet and encouragement to "await further recovery" reported the least improvement (36%).

The research was done in The Netherlands at the Institute for Research in Extramural Medicine, where manual therapy is known as a specialty area of physical therapy.

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**OTS celebrates its 20th year of serving the community on March 16, 2010!**

## Did You Know?

In 1918 and 1919 a world epidemic of simple Influenza killed 20 million people in the United States and Europe.

Diabetes was the third leading cause of death by disease in America. It has increased 50 percent since 1965, and today affects at least 15 million people.

A study at the Harvard School of Public Health revealed that women who drink one or more cups of coffee a day are two and a half times more likely to get bladder cancer than women who drink no coffee.

Never hold your nose and cover your mouth when sneezing, as it can blow out your eyeballs.

The average number of people airborne over the US any given hour: 61,000

Chewing gum while peeling onions will keep you from crying.

Babies are born without kneecaps. They appear when the child is 2 years of age.

Your body is creating and killing 15 million red blood cells per second!

The colder the room you sleep in, the better the chances are that you'll have a bad dream.

## OTS Birthdays:

February

- Teresa, Office
- Kim, Office

## During an Economic Downturn, Studies Show PT is a Cost Effective Option for Low Back Pain

Slightly more than half (53%) of Americans say that their household cut back on health care due to cost concerns in the past 12 months -- with 35% of households relying on home remedies and over-the-counter drugs rather than visiting a physician and 27% postponing needed health care visits, say the results of a Kaiser Family Foundation survey conducted February 3 through February 12, 2009.

Roughly one in five (19%) people have experienced serious financial problems recently due to family medical bills. Specifically, 13% say that they have used up all or most of their savings trying to pay off high medical bills in the past 12 months, and about the same percentage say that their medical debt means they have difficulty paying other bills. Beyond actual financial hardship due to medical care, the survey also indicates a rise in worries associated with health care costs. Nearly half of Americans (45%) report they are "very" worried about having to pay more for their health care or health insurance.



As for health care reform, the public has high expectations for how easily reform might be achieved, says the survey. A majority (58%) of Americans say that if policy makers made the right changes, they could reform health care "without spending more money to do it." This majority view is shared across political party identification, age group, and income level. A majority (56%) of the public also believes that the health system can be reformed without the changes affecting their existing health care arrangements.

In the past 12 years there has been a documented increase in costly medical interventions for the treatment of chronic low back pain amongst Medicare beneficiaries. These increased include a 629% increase in expenditures for epidural steroid injections; a 423% increase in expenditures for opioids; a 307% increase in the number of lumbar magnetic resonance images; and a 220% increase in spinal fusion surgery rates.

There are affordable options to managing your aches and pains as Physical Therapy has been documented across various studies as a cost effective measure to the management of various neurological and musculoskeletal conditions. Contact your Physical Therapist at Orland Therapy Specialists to learn if Physical Therapy is a cost effective option to manage your physical ailment.