

Jorge's Recipe Corner:

Cranberry Apple Crisp with Oatmeal Streusel

INGREDIENTS

Topping:

1 cup brown sugar, packed
1 cup old-fashioned oats
1/2 whole wheat flour
1/4 cup unbleached white flour
1/4 teaspoon salt
1/4 pound (1 stick) unsalted butter,
chilled and diced

Filling:

24 ounces cranberries
1 cup sugar
3 tablespoons apple juice or cider
1 1/4 pounds firm apples (about 3 medium),
peeled, cored, cut into cubes

PREPARATION

1. Combine the brown sugar, oats, flours, and salt in large bowl and toss to blend. Add the butter and rub in with your fingertips until the mixture resembles crumbs. Refrigerate while preparing the filling.

2. Preheat the oven to 375 degrees F. Grease a 9 x 13 x 2-inch glass baking dish.

3. Combine the cranberries, sugar, and apple juice in a large pot. Bring to a boil over medium heat, stirring often for about 2 minutes. Stir in the apples and cook until the cranberries are softened and their juices thicken slightly, about 4 minutes more. Transfer the mixture to the prepared dish and sprinkle on the topping.

4. Bake until the filling bubbles thickly and the topping is brown, about 35 to 45 minutes. Let cool at least 10 minutes before serving.

NEW PHYSICAL THERAPY TECHNICIANS JOIN OUR TEAM

Orland Therapy Specialists are pleased to announce new additions to our team. Physical Therapy Technicians Cara Hollingsed and Stephanie Esparza have joined OTS as Jorge, Ashley, and Michelle return to school for the semester. Cara is a nursing student at Moraine Valley, while Stephanie is a Psychology student at Roosevelt University. Please welcome Stephanie and Cara to the OTS team!

October is National Physical Therapy Month!

The 2009 theme for the APTA Physical Therapy month is "Move Forward: Physical Therapy Brings Motion to Life." You've heard about physical therapists, but what can they bring to your life? A physical therapist can help you achieve and maintain mobility and quality of life without surgery or prescription medication, in many cases. With their extensive education, physical therapists help you move forward so that you can get back to daily living. MoveForwardPT.com, brought to you by the American Physical Therapy Association (APTA), is your source for information



Move Forward.
Physical Therapy Brings Motion to Life

about how physical therapy can bring motion to your life. OTS is celebrating PT month through Patient Appreciation Days throughout the month. On Mondays, October 5th and 26th we will be providing snacks for all of our current and past patients. If you are in the neighborhood, please stop by and say Hello!

TREATMENT OPTIONS FOR OSTEOPOROSIS

Osteoporosis is a disease in which bones become fragile and more likely to break, due to a decrease in Bone Mineral Density (BMD). If not prevented or if left untreated, osteoporosis can progress painlessly until a bone fractures, which occurs most commonly within the hip, spine, and wrist. Any bone can be affected, but of special concern are fractures

See Spine on Pg. 2

Did You Know?

The colors red, yellow & brown are in the leaves all year long & only become exposed when the green chlorophyll disappears in the fall.

An acre of trees can grow 4,000 pounds of wood in a year, using 5,880 pounds of carbon dioxide & giving off 4,280 pounds of oxygen in the process.

Typically there are around 17,000 vehicle accidents in Illinois during winter months when roads are covered with ice, snow or slush.

The poinsettia plant, which is often used for decoration around the holidays, is named after Joel R. Poinsett. He brought the plant from Mexico to America in 1828

The state with the highest percentage of people who walk to work:
Alaska

OTS Birthdays:

November

- Kelli, Office

Spine...Continued from page 1.

of the hip and spine. A hip fracture almost always requires hospitalization and major surgery. It can impair a person's ability to walk unassisted and may cause prolonged or permanent disability. Spinal or vertebral fractures also have serious consequences, including loss of height, severe back pain, and deformity.

One of the most important risk factors for osteoporosis are advanced age (for both men and women), which causes an estrogen deficiency following menopause. This will lead to a rapid reduction in bone mineral density. In men a decrease in testosterone levels will have a comparable, but less pronounced, effect. While osteoporosis occurs in people from all ethnic groups, European or Asian ancestry predisposes for osteoporosis. Those with a family history of fracture or osteoporosis are at an increased risk of having offspring that will have similar issues later on in life. Those who have already had a fracture are at least twice as likely to have another fracture compared to someone within the same demographic. Modifiable risk factors for osteoporosis include alcohol use, Vitamin D deficiency, tobacco use, malnutrition, decreased physical activity, and increased soft drink and caffeine consumption. Recent research suggests that the phosphorus in soft drinks facilitates porous bone development in adolescence, and can lead to osteoporosis related symptoms later in life.



The treatment of osteoporosis requires a multimodal approach. Limiting the modifiable risk factors stated above and increasing ones intake of calcium and Vitamin D is imperative. Multiple studies have also shown that aerobics, weight bearing, and resistance exercises can all maintain or increase BMD in postmenopausal women. Many researchers have attempted to pinpoint which types of exercise are most effective at improving BMD and other metrics of bone quality, however results have varied. Treadmill walking, gymnastic training, stepping, jumping, endurance, and strength exercises all resulted in significant increases of lumbar spine BMD in osteopenic postmenopausal women. Strength training elicited improvements specifically in the forearm and hip BMD. Additional benefits for osteoporotic patients other than BMD increase include improvements in balance, gait, and a reduction in risk of falls. If you think that either you or a loved one may have osteoporosis, contact our office for further information.



As the weather begins to cool and autumn turns to winter, the entire staff at OTS wishes you and your family a warm and Happy winter and Holiday season!

