

Jorge's Recipe Corner:

Healthy Pumpkin Muffins

Ingredients:

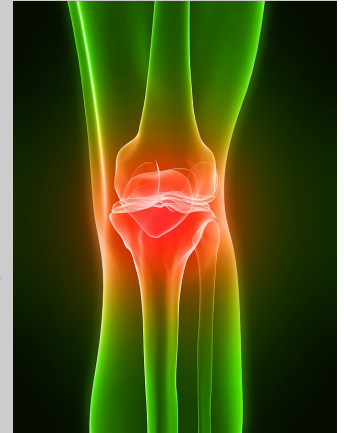
- 1 cup all purpose flour
- 3/4 cup whole wheat flour
- 1/4 teaspoon baking powder
- 1 teaspoon baking soda
- 1 1/4 cup sugar
- 1/2 teaspoon salt
- 1/4 teaspoon ground cloves
- 1/2 teaspoon freshly grated nutmeg
- 1 teaspoon cinnamon
- 2 large eggs, beaten lightly
- 1 cup pumpkin puree (fresh see note - or canned)
- 1/2 cup Greek no fat yogurt (see note)
- 1/3 cup water
- 1/2 cup golden raisins

Directions:

- Preheat oven to 350 degrees F.
- In a large mixing bowl sift together the dry ingredients.
- Add the spices to the mixture and blend well.
- In a smaller bowl whisk together the eggs, pumpkin, yogurt, and water.
- Stir the wet ingredients into the dry ingredients and blend until well combined.
- Add the raisins and gently fold them into the batter.

“Patellafemoral Syndrome”

The patellafemoral joint is located in front of the knee and is defined as the articulation of the kneecap on the femur. “Patellafemoral Syndrome” (PFS) arises as pain across the front of the knee and is caused by neuromuscular imbalances of the lower extremity. These imbalances can occur at the knee itself where there is an imbalance of the 4 bellies of the quadriceps. A tight iliotibial band (tendon on the outside of the femur) a weak medial quadriceps belly, and tight hamstrings can also contribute to these muscular imbalances at the knee. PFS can also arise from muscular imbalances or structural limitations at the foot and hip. With a normal gait cycle, there is a rotation that occurs called pronation (internal rotation) and supination (external rotation). In the presence of a tight hip (supinated) and a flat foot (pronated), increased stress and strain is placed upon the knee, causing pain at the patellafemoral joint and a general decrease in function.



This can be effectively managed by correcting the pronated/flat foot through appropriate footwear, exercises, and possibly orthotics. The tight/supinated hip can be managed with manipulation and exercise. Once this imbalance of the lower extremity is resolved, normal function of the patellafemoral joint can be restored and the pain will decrease. If you are dealing with pain across the front of the knee or are having pain with activities such as prolonged walking, squatting, or ascending/descending stairs, ask your Physical Therapist if PT can help you.

Orland Therapy Specialists Opens AfterCare Exercise Program

Are you an existing patient of Orland Therapy Specialists? Have you met all your rehabilitation goals, are pain free, and are ready to be discharged from Physical Therapy? Are you a bit timid about joining a gym and exercising on you own? Orland Therapy Specialists has the solution for you with the opening of its AfterCare program. After you are discharged from Physical Therapy, you can continue independent exercise at our clinic under the indirect supervision of a Physical Therapist. Ask your Physical Therapist about details of the program and if the AfterCare program would benefit you!

OTS Birthdays:

November:

- Kelli (Reception)

December

- Stephanie (Tech)

Did You Know? The Runners Edition

- In 2007 there were a billion running shoes sold world-wide.
- 53% of all runners are male, which would make 47% female (2009)
- 35% of all runners run more than 5 days a week.
- 35% or all runners have never completed a marathon.
- The NYC Marathon is the largest in the world with over 38,000 finishers.
- The Frankfurt 3.5 mile race is the largest race in the world with under 61,000 finishers.
- Asics is the most popular running shoe at 32%, followed by Nike (14%), Brooks (12%), & New Balance (12%).

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How Can Direct Access Benefit You?

Direct access to Physical Therapy will allow you to be evaluated by a licensed Physical Therapist and receive care without a Physician's referral. Currently, direct access is practiced in 45 states, including the District of Columbia. Illinois allows you to be evaluated by a Physical Therapist, but treatment cannot be initiated until a referral from a Physician is generated. This limitation to direct care of Physical Therapist does not take into consideration the extensive schooling and professional training of a Physical Therapist. Over 80% of Physical Therapists graduating from 7 year colleges are graduating as doctoral prepared clinicians, with many completing residencies and fellowships. Through this training, Physical Therapists are well qualified to evaluate a patient's musculoskeletal condition, determine the rehabilitative needs of the individual, and then safely administer a treatment plan. Physical Therapists are also trained and well-qualified to determine when a patient's condition presents with signs and symptoms that require the evaluation of another healthcare provider and refer patients to these healthcare providers when necessary for consultation.

If Physical Therapy is appropriate for you, Direct Access to a Physical Therapist can benefit a patient by allowing you to seek care for your injury and receive relief of your symptoms earlier in your recovery process. Direct Access will also decrease the cost of care altogether by reducing the number of Physician visits, and in most cases, if you begin to receive care earlier, less Physical Therapy is necessary. By providing Direct Access to Physical Therapists and joining the other 45 states in the US, a patient would receive an entry point into the traditional medical system, increased choices in the selection of their health care providers, and access to a cost effective and timely option to manage pain and suffering from musculoskeletal injuries. Talk to your Physical Therapist to learn more about direct access.

OTS NEWS & NOTES:

- We will miss having Cara around as she has moved on from OTS to be a full time Nursing student at Loyola.
- It has been a month of Running achievements at OTS! Eric (29:51) & Jorge (25:09) completed the Fall Color 5K at the Morton arboretum. Jorge completed the Chicago Marathon one week later.
- Ashley graduated from Cosmetology School.



**The staff of Orland therapy
Specialists thank you for
your business in 2010 &
wish you a Happy and Safe
Holiday Season!**