

Jorge's Recipe Corner: Tangy Black Bean Avocado Salsa

- 1 (16 ounce) package frozen corn kernels, thawed
- 1 can black beans, drained
- 2 (2.25 ounce) cans sliced ripe olives, drained
- 1 red bell pepper, chopped
- 1 small onion, chopped
- 5 cloves garlic, minced
- 1/3 cup olive oil
- 1/4 cup lemon juice
- 3 tablespoons cider vinegar
- 1 teaspoon dried oregano
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 4 avocados—peeled, pitted and diced

Directions

1. In a large bowl, mix corn, black beans, olives, red bell pepper and onion.
2. In a small bowl, mix garlic, olive oil, lemon juice, cider vinegar, oregano, salt and pepper. Pour into the corn mixture and toss to coat. Cover and chill in the refrigerator 8 hours, or overnight.

Stir avocados into the mixture before serving.

Amount Per Serving Calories: 81 |
Total Fat: 6.5g | Cholesterol: 0mg

OTS Birthdays:

May:

Eric Furto, PT

June:

Scott Nye, PT

Which Shoes are Right for You?

With warmer temperatures on the horizon and cabin fever becoming quite contagious, it is time to review your footwear needs for outdoor activities. Regardless if you are a runner, walker, or a weekend warrior, it is important to make sure that your shoes fit the needs of your activity and body type.

With every step that we take, the ground pushes back at us with what is called ground reaction forces, which are approximately 1 ½ times our body weight. Your footwear is designed to accommodate these forces with your particular foot type in mind; supinators (high-arches), pronators (flat-footed), and neutral arches. Your arch type can



best be determined by your Physical Therapist or Podiatrist. A simple self test that you can perform is to walk on a dry surface with wet feet. If you only see the outside of your foot, you are more of a supinator. If the footprint is full, you can consider yourself more of a pronator. Supinators will require shoes that have attributes that provide cushioning, while pronators need shoes that have stability features built into the shoe. In the event that a pronator regularly wears a shoe that does not facilitate stability, s/he may experience foot, ankle, knee, hip, and/or low back pain. This pain may be more pronounced, especially with an increase in activity level such as beginning a new running program.

After you have made your decision to purchase new shoes, it is important to choose a shoe store that focuses on fitting, rather than selling shoes. Commonly, your small shoe stores or stores dedicated to shoes alone are owned and staffed by runners themselves, rather than department stores. These individuals are very knowledgeable in the latest trends of footwear technology and are educated on shoe attributes that benefit various medical diagnoses. Also, make sure that your foot gets measured each time you buy a shoe and that it is at the end of the day as our feet expand as the day progresses.

If you decide to go shoe shopping alone, there are three tests that are recommended that you perform on all potential shoes. First, squeeze the heel counter

See "shoes" on other side

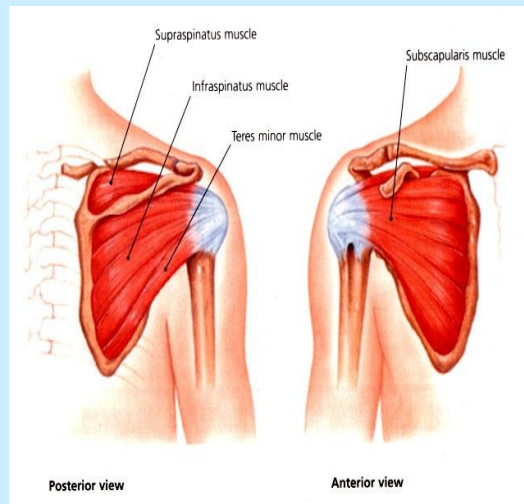
Did You Know??

- The average American eats around 5½ gallons of **ice cream** a year, more than any other nationality.
- **Watermelon** is actually a **VEGETABLE!** It is from the botanical family Cucurbitaceae and is most closely related to cucumbers, pumpkins and squash
- The Dog Days of Summer are named after Sirius, the Dog Star, in the constellation Canis Major, which shines most brightly during this period.
- Count the number of time a cricket chirps in 15 seconds and add 37, and it will give you the current air temperature in Fahrenheit.
- The highest recorded temperature at the South Pole is 7°F
- One beaver can cut down as many as 216 trees per year.
- One plain milk chocolate candy bar has more protein than a banana.
- One of the largest carriers of hepatitis B is dinner mints.

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What is a Rotator Cuff Tear?

Your shoulder consists of 3 bones, the scapula, the clavicle, and the humerus. The shoulder is held together by a network of ligaments and 4 muscles called the rotator cuff. Independently, a single rotator cuff tendon acts to move the shoulder around, but together they act to stabilize the shoulder. Injury to one of these muscles is referred to as a strain or tendonitis. When repetitive strain is placed on this tendon, it can become torn. Strained rotator cuff tendons respond well to Physical Therapy. How well a torn rotator cuff responds to Physical Therapy depends on the severity of the tear and the functional tasks that the patient has to return to. A partial tear to one of the tendons typically responds well with strengthening the other tendons to compensate for this weakness. If a patient is able to fully strengthen the remaining tendons, surgery can be avoided. If the patient is unable to fully return to his or her prior level of function without pain, then further medical attention may be necessary.



Other conditions can develop within the rotator cuff that are less serious than a tear, and they include bursitis (inflammation of a bursa), tendonitis (inflammation to the tendon), or ligament sprains. All of which can be fully rehabilitated with Physical Therapy.

OTS News & Notes

- Physical Therapist Julie Swan will be leaving Orland Therapy Specialists in May. Join us in wishing her well on her future endeavors.
- We are happy to announce that we have added Betsy Wagner to the OTS team as a rehabilitation technician.

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(the back part of the shoe where the heel is) to make sure that sides do not touch. Second, twist the front of the shoe and heel counter in opposite directions and make sure that the shoe remains straight and that there is minimal rotation of the shoe. Finally, take the shoe and bend it in half. A quality shoe will not bend in the arch, but will bend at the area of the big toe.

If you are serious about continuing your exercise activity on a regular basis, be prepared to purchase new shoes every 300-500 miles. The rubber within the sole of the shoe has a set life that loses its elasticity with time and is accelerated with exposure to moisture. Orland Therapy Specialists offers free foot screening and footwear recommendations year round. Contact our office to schedule a screening!