



**21stCENTURY
REHAB**®

Work **well**. Play **well**. Live **well**.

January Newsletter



**Wishing you good times, good health
and a memorable 2019.**

All of us at 21st Century Rehab want to thank you for your business,
loyalty, and support this past year.
We hope to see you again in the new year!

Avoid Chronic Disease with Regular Physical Activity

#ChoosePT[®]
MoveForwardPT.com

**FEWER OPIOIDS.
MORE MOVEMENT.
BETTER HEALTH.**

Most Americans don't move enough despite proven benefits, such as reduced risk of cancer and chronic diseases, and improved bone health, cognitive function, weight control, and overall quality of life.

The second edition of the [Physical Activity Guidelines for Americans](#), reports that approximately 80% of US adults and adolescents are insufficiently active. As a result, many Americans currently have or are likely to experience chronic diseases, including heart disease, [diabetes](#), [metabolic syndrome](#), and depression.

The good news is that regular physical activity can prevent and improve many chronic conditions. America, it's time to get moving!

Information courtesy of the APTA

Physical Therapy Works!

No seriously, it actually works, but don't just take it from us:



"After a trip to my surgeon to see what was causing all my hip and knee pain, he recommended I follow up with my physical therapist. As a result of therapy, I am back to bowling without my knee brace and no longer have pain in my hip and knee. I am sleeping without waking from pain from rolling over. I am enjoying walking, shopping and being active again!"

-Sharon B, Madrid

Helping Patients with Parkinson's Disease



Kelci Fett, speech therapist, is now a certified SPEAK OUT![®] clinician. This program, from the Parkinson Voice Project, helps patients with Parkinson's Disease preserve and improve their ability to have conversation.

Parkinson's affects muscles in the face, mouth, and throat, causing changes in a patient's ability to chew, eat, speak, and swallow.

This program gave Kelci the knowledge and tools to help patients strengthen these muscles and the ability to show them how to *speak with intent*.



Tyler Ommen, occupational therapist, was recently certified in LSVT BIG. This program helps patients with Parkinson's maintain regular movement and independence.

Parkinson's can lead to a disconnect between what patients feel they're doing and what they're actually doing. This causes slower, smaller movements. This can affect the ability to walk, get dressed, and perform other daily tasks.

LSVT BIG recalibrates a patient's perceptions of how normal movement should feel, so they can move confidently.

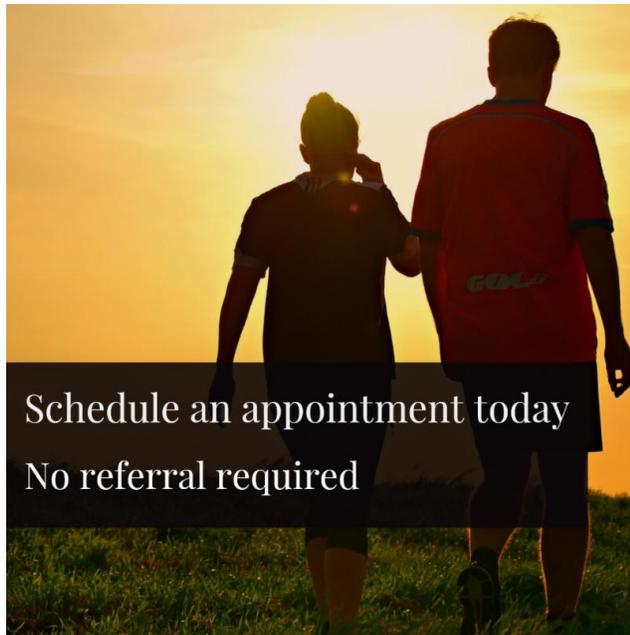
SPEAK OUT!®

LSVT BIG

If you or a loved one is suffering with Parkinson's, contact one of our clinics to see how we can help.

Work **well.** Play **well.** Live **well.**

When you're in pain, the last thing you should be worried about is how far out of your way you'll have to go to get relief. Fortunately, no matter where you are in central Iowa, you're close to 21st Century Rehab. Our many locations, quick scheduling and flexible hours are certainly convenient, but it's the quality of therapy we provide and the way we care for you that will make the difference in your recovery.



Schedule an appointment today
No referral required

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