

## Upcoming Events

**RED CROSS BLOOD DRIVE September 5th**  
**12:00-5:45 CRC Tecumseh 902 Industrial Dr.**  
**CALL FOR APPOINTMENT 517 423 7722**

### Carter Rehabilitation Center Scope of Service

- ◆ Physical Therapy
- ◆ Occupational Therapy
- ◆ Hand Therapy
- ◆ Aquatic Rehabilitation
- ◆ Pelvic Floor Rehabilitation
- ◆ Infrared Light Therapy
- ◆ Social Services
- ◆ Fibromyalgia Wellness Program
- ◆ Community Fitness Program
- ◆ Big Program for Parkinson's Disease



# OUTDOOR SAFETY

## **Wear gloves when working outside**

Wearing the proper gloves will not only reduce blistering, but will also protect your skin from fertilizers and pesticides as well as bacteria and fungus which live in the soil. When exposed to soil, even the smallest cut or lesion runs the risk of developing into a major hand infection. Leather gloves offer protection from thorny objects; snake, rodent, and insect bites; poison ivy; and other skin irritants in the garden. Gloves also prevent sunburn and fingernail damage.

## **Avoid prolonged repetitive motions**

Unless you are preconditioned or accustomed to the activity, repetitive motions, such as digging, raking, trimming hedges, pruning bushes, or planting bulbs, may cause skin, tendon or nerve irritation. Make sure your gardening activities are varied and tasks are rotated every 15 minutes with a brief rest in-between so that the same muscles are not used over and over again.

## **Watch for buried objects**

Sharp objects and debris buried in the soil may cause tendon lacerations or punctures. Use a hand shovel or rake rather than your hand, itself, for digging.

## **Use proper ergonomic posture**

"Postures" refers not only to your whole body position, but also to such things as the angle of your wrist while using hand tools. Grip strength is at its maximum when the wrist is in a relaxed or neutral position. Testing has shown that people lose up to 25% of their grip strength when their wrist is bent .

# Keep Your Hands Safe: Follow Lawnmower Safety Tips



## **Common Injury Patterns**

- Direct contact with rotating or jammed blade
- Serious avulsion (tearing/separating) injuries to soft tissue and bones
- Gross contamination from contact with grass and soil harboring pathogens
- Injuries requiring multiple staged surgeries to cleanse wounds and provide soft tissue coverage (to regenerate healthy tissue/skin)

## **Common Weather Conditions**

- Wet grass
- Damp ground

## **Other Causes of Injury**

- Passengers (adult/child) on riding mowers or in cart towed behind mower
  - Mower being pulled backward
  - Sloping lawn mowed by power mower up and down slope, instead of across
  - Sloping lawn mowed by riding mower across slope, instead of up and down
  - Wearing sandals or open-toed shoes
  - Operator attempts to unclog blades with hand or foot
- Lawnmowers are safe if used properly.*



# News For You! From CRC

AUGUST/SEPTEMBER 2013

## Carter Rehabilitation & Aquatic Centers

902 Industrial Dr.  
Tecumseh, MI 49286  
(517) 423-7722  
tecumseh@carterrehabcenter.com

1525 W Maumee St, Ste. 3  
Adrian, MI 49221  
(517) 265-6007  
adrian@carterrehabcenter.com



### LABOR DAY CELEBRATION SPECIAL

**ONE YEAR FAMILY FITNESS MEMBERSHIP \$250.00**

**\$320.00 VALUE**

**NEW MEMBERSHIPS ONLY**

**ALREADY A MEMBER MENTION THIS AD RECEIVE \$5.00 OFF MEMBERSHIP**

**OFFER GOOD SEPTEMBER 1-13, 2013**

### Therapist's Corner



Aaron Deline, MSPT



#### The Golden Rules of Rehabilitation

The Golden Rule was defined in the Good Book as "do to others as you would have them do to you." This is an excellent principle for all living, and this is a principle that we strive to follow with every patient and with every endeavor that we undertake at Carter Rehab and Aquatic Centers. Let me explain three ways that this principle is implemented at Carter.

1)First, our mission is to actively listen to you as a patient every visit. This is how we begin our time with you: obtaining a history, and this is what we do through therapist contact every visit. That is the way we would want to be treated, and that is the way we know you want to be treated. Numerous studies have shown that the number one thing you as a patient want is time to talk. You need to talk to us so that we can truly understand your condition; and you want information from us so that you can understand your condition. We promise to listen to you; and we promise to educate you so that you can better help yourself.

2)Second, this means that we will give you the best quality of care every visit. That is what we would want from our medical treatment, and we know that is what you deserve. There are many questions these days about medical care and coverage and if the same care will be able to be offered. We at Carter Rehab promise to continue to give you the same top-notch quality of care that you have come to expect from us. That is what we enjoy doing, and that is what you need to get you back to the best possible shape you can be in.

3)Third, this means that we will treat every single person with dignity. That is what we would like, and that is what we know you deserve as a tremendously valuable person. Your life matters, and your physical functions matters. And because those things matter to you, they matter to us. No matter your physical condition or disability, we will give you the same quality of care. Whether you are an amputee or you have just been diagnosed with a devastating disease such as Multiple Sclerosis or Parkinson's, we promise to offer you what we would want done for us: the best Physical/Occupational Therapy and Wellness Services available.

That's the golden rule. And we strive our utmost to implement it one patient at a time.