



A Word from Marc:



"This month we will look at some of the equipment that we have in the Fitness area. I would also like to look at some of the differences in the equipment.

In our fitness facility we have weight machines that are numbered 1 through 14. We also have dumbbells, barbells and kettlebells. These are usually referred to as free weights.

How does the use of the weight machines compare to the use of free weights? We will use machine number 1 (Overhead press) as an example. When we use machine #1, we sit on the seat, hold the handles and then push the weight overhead at the angle the machine allows. The machine balances and stabilizes the weight for us.

When we use free weights (dumbbells, barbells and kettlebells) for the same movements as machine #1, the weights are held in the same position as the handles on the machine. When we push the weights overhead we engage those muscles to complete the movement as well as the muscles that help us balance and stabilize the weights resulting in core activation.

When you are in the fitness area and want to use the machines or the free weights, be sure to ask a Prairie Rehab & Fitness employee to help you if you are unsure how to use them or if you would like to learn proper usage of a new piece of equipment." ◇

~ **Marc Gustafson:** Fitness Manager and Personal Trainer



Staff Spotlight

Amber Voss



Amber is a Receptionist here at Prairie Rehab & Fitness in Worthington. She worked part time in Colorado Springs, CO while her husband served in the Air Force at Peterson AFB prior to moving back to the Midwest. She has now been with Prairie Rehab for 4 years. Amber has been married to her husband Ethan for 7 years. He is employed in Sibly, IA at Noteboom Implement. They live on their family farm outside of Bigelow. During her free time, Amber enjoys spending time with both sides of her families and in the summer months likes to go camping, boating, hiking and biking. ◇

Marlys Olson



Marlys is a Receptionist here at Prairie Rehab & Fitness. Prior to Prairie Rehab, she worked at Lakeview Nursing Home from 1985 to 2011 and had many job titles such as:

Nurse Aide, Med Aide, Restorative Aide, Social services, Activity Director, and Assistant living manager. She had a second job doing maintenance and housekeeping for church school. Marlys started with Prairie Rehab in 2011 as a therapy tech in the nursing homes and in the outpatient clinics in Fulda and Lakefield until a position opened in the Worthington outpatient facility where she currently is in her 6th year. Marlys is the Choir Director at the Sacred Heart Catholic Church in Heron lake where she does housekeeping as a part time position. She lives with her two cats Mallow and Chuckie. She has 3 grown children: Josh, Alyssa and Jacob. Her favorite thing to do is spend time with her children, however she also enjoys watching football, baseball, and Netflix as well as reading books. She loves to get new recipes and try them out. ◇

Why Does My Arm Hurt?

If you didn't get a chance to attend our class last month called "Why Does My Arm Hurt?" then let us give you a quick recap! Janelle Saufley, Occupational Therapist, spoke to the group about Tennis elbow, Carpal tunnel syndrome, CMC (thumb) arthritis, and Trigger finger.



Tennis elbow is an inflammation of muscles that extend the wrist (the position of the wrist when grasping or making a fist). It is often caused by overworking the forearm muscles, which causes tension on the tendon near the outside of the elbow. Symptoms include pain on the outside of the elbow when grasping, gripping, straightening the elbow and weakness of grasp. It can be treated with anti-inflammatory medications, ice, stretching, rest, tennis elbow straps, Occupational therapy, steroid injections, and surgery.

Carpal tunnel syndrome is pressure over the median nerve in the wrist. It is caused by repetitive hand use, bending of the wrist for an extended length of time (especially when sleeping) and can occur during pregnancy. Symptoms present in the form of pain, numbness and tingling of the index finger, long finger and thumb and will often make it difficult to pinch or complete fine motor activities such as sewing, writing and pinching. Treatments include bracing to prevent the wrist from bending (during the night), icing, stretching, Occupational therapy, steroid injections and surgery.

CMC Arthritis is located in the thumb joint at the base near the wrist and often causes damage to the joint. It is caused by repetitive wear and tear. Symptoms include pain in the joint and thumb, loss of motion in the thumb, and weakness in the thumb making pinching difficult. This can be treated with heat, anti-inflammatory medications, steroid injections, bracing, Occupational therapy or surgery to replace the joint.

Trigger Finger is the last topic that was spoken about and is a locking of the finger in a bent position when grasping items. It is caused by repetitive gripping which causes a nodule to form on the tendon and the tendon gets stuck when moving through the pulleys. Symptoms are locking of the finger when bending it and the inability to straighten it without causing pain. Treatments include stretching of the finger, splinting, rest, injections, and Occupational therapy. Surgery can also be a last resort option.

Watch for our next class coming at the end of August! ◇

Tips To Prevent Cognitive Decline



1. **Stimulate your Brain!** Find games to help prevent cognitive decline such as playing cards, bingo, reading a book, puzzles, crosswords, suduko, mazes and more! Computer games and apps are also an option.
2. **Use Memory Aids!** Have a daily newspaper delivered to you with day/date and recent news, use a phone with one click dialing that allows you to pre-program most commonly used numbers and purchase motion sensors that activate voice messages such as "lock your door" or "set your alarm"
3. **Designate an area & develop a routine!** Place items in the same spot every time. Remove clutter. Designate one spot for all important documents.
4. **Carry a memory book at your side!** This allows you to record important dates, appointments, meetings, reminders and phone numbers at the tip of your fingers.
5. **Call yourself!** If you are worried about forgetting something, call your answering machine and leave a voicemail to replay later.
6. **Use "Spaced retrieval"** Repeat a word or phrase, wait, repeat again, wait repeat again up to 5 times. This will help the brain recall later.
7. **Love your heart!** Lowering your risk for stroke and heart disease with physical exercise and a balanced diet drastically lowers your risk of developing cognitive related diseases later in life.
8. **Butt Out!** Don't smoke or quit smoking to reduce your risk of Alzheimer's disease by 30% as compared to current smokers.
9. **Engage with others!** Research proves the more social connections and meaningful engagement with others, the sharper our brains are.
10. **Protect your head!** Wear your seatbelt, wear a helmet, and fall proof your home to avoid head injuries, which are linked to an increased risk for Alzheimer's disease. ◇



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