



Two Convenient Locations:

Dearborn: 3361 Greenfield Road
(313) 593-1703 (313) 593-1939 fax
New Baltimore: 34095 23 Mile Road
(586) 716-0300 (586) 716-0604 fax

April 2010

www.trirehab.com

Free Transportation

We offer free transportation to those in need to our Dearborn center.



Tri-Rehab's Customized Services Include:

- Balance Programs
- Shoulder and Neck Conditions
- Hip, Knee and Ankle Conditions
- Work and Auto Accidents
- Wii Rehab Programs
- Low Back Pain



WWW.TRIREHAB.COM

Refer Friends and Family Program

Recommend Tri-Rehab to a friend or family member and you will be entered into a drawing to win a \$100 visa card. One entry per patient referred*. The patient just needs to give

In this issue Tri-Rehab is sharing helpful tips for you to determine if Ice or Heat is the right treatment for your strains and sprains . We hope you find this information helpful. And of course, we hope you choose Tri-Rehab as your rehab provider!

Should I Use Ice or Heat to Treat My Injury?



As spring arrives and your activity levels increase, chances are you may have some sore muscles and joints after that project is completed so what should you use, heat or cold treatment?

The immediate application of ice is the most accepted treatment choice for sprains and/or strains. Cold (cryotherapy) is an effective treatment because cold causes the blood vessels to narrow, which decreases the blood flow to the injured area. Cold also lowers the muscles temperature which diminishes the oxygen and nutrient needs of the muscles as well as assisting in decreasing swelling, scar tissue, pain and speeds up the injury recovery time.

Tips for using ice: Ice should be applied for the first 48-72 hours post injury. Common sites that may require longer applications are the ankle, knee, elbow and shoulder. Ice should be applied until a feeling of numbness set in at approximately 15-20 minutes and can be reapplied every two hours, using a damp towel covering the skin to protect it.

Heat is an effective treatment because it increases muscle temperature and blood flow, which increases the oxygen and flow of nutrients to the damaged muscle and helps facilitate healing in the later stages

us your name and phone number to be entered into the drawing. The drawing will take place on April 30th, 2010.

*The patient must be seen at either Tri-Rehab location with an accepted insurance plan for a minimum of three visits.

Call today for an appointment tomorrow!

**(313) 593-1703
Dearborn**

**(586) 716-0300
New Baltimore**

Tips for using heat: Heat can be applied after 96 hours in most cases however, if there are any signs of swelling and/or inflammation present, do not use heat. The application of moist heat is more effective than dry heat (i.e. hot shower or bath) and has deeper penetration. Heat should be applied for 20-25 minutes and can be applied one or twice a daily.

Important Note: If you are in doubt as to whether to use heat versus cold, it is safer to use cold especially for an acute injury or problem.

In Michigan, every patient must have a prescription for rehab from their physician. A patient has the choice to go where they know they will get the best treatment for their specific goals. Tri-Rehab will verify your insurance coverage and your first appointment will be scheduled within 24 hours.

Please visit Tri-Rehab's web site for more information www.trirehab.com.

At Tri-Rehab, It Is All About You!

Accepted Insurance Plans

Medicare	Blue Cross Blue Shield
Theramatrix	Aetna
Cigna	Health Alliance Plan
TriCare	Workman's Compensation
Auto	United Healthcare

If you do not see your insurance plan, please call our office as we are an approved provider of over 35 plans.

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