



## Come See Our Dearborn Location!

Dearborn: 3361 Greenfield Road  
(313) 593-1703 (313) 593-1939 fax

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[www.trirehab.com](http://www.trirehab.com)

### Tri-Rehab's Customized Services Include:

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### Staff News:

Jan will be working the Susan G Komen 3 Day this year. Jan will be part of the all volunteer medical team which provides walkers with care before, during and after the event.

Our youngest staff member turned 10! The cutie, Danielle, in the article picture turned 10 on July 31st.

Paul is taking a vacation this month to visit family near Nashville.

## 10 Tips for walking your dog.



Walking your dog in the summer months is excellent exercise. A recent study performed by the University of Missouri-Columbia study found people who walk their dog 20 minutes a day, five times a week lost an average of 14 pounds after 50 weeks; so here are 10 tips for safely walking your dog.

1. Be prepared to walk, be sure to eat a meal or snack and drink water before you begin your walk.
2. Wear proper clothing and shoes; remember your feet swell while walking so the shoe should be a little big. If you are walking in the evening remember to wear reflective clothing and place a reflector on your dog's collar and/or leash as well.
3. Remember your ID. You should have ID with you and your dog should also be wearing his ID with your contact information engraved into it. Many pet stores and veterinarian offices offer to

Dorie is taking her granddaughter on a weekend trip up north where they will go fishing and swimming.

Dorie's 43rd wedding anniversary is on August 19th!

Shirley's 41st wedding anniversary is on August 23rd!

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make pet ID tags for \$5 or less.

4. Warm-up. You want to avoid injury should the unexpected occur so be sure to stretch your calves, hamstrings and do some shoulder and trunk rotations too.

5. Avoid peak heat times when you walk. Remember your dog overheats even faster than you do. When you do walk during the summer months remember to bring water for you and your dog.

6. Be aware of your surroundings. Dogs may pull or chase another dog, rabbit or squirrel so be aware of your environment. Keep your dog at your side and give a command such as "sit" or "down" to force your dog to focus on you instead of other distractions.

7. Try to avoid uneven surfaces which compromise your balance.

8. Start with short distances. Don't plan to walk a marathon your first day out, start small and gradually build you and your dog's endurance. Also keep your dog's breed in mind; small dogs have short legs and walk much shorter distances than a larger, working breed.

9. Rehydrate! After exercise, be sure you and your dog drink plenty of water.

10. Have fun!

SOURCE: University of Missouri-Columbia, news release, October 2005. Last Updated: 12/10/05

## 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.