



**Two Convenient Locations:**

**Dearborn:** 2330 Monroe Street, Suite A  
 (313) 593-1703 (313) 593-1939 fax

**Canton:** 320 N Canton Center Road  
 (734) 981-1500 (734) 981-1515 fax

May  
 2012

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

**Free Transportation:**

We offer free transportation to those in need to our Dearborn and Canton centers.



**Tri-Rehab Services:**

**PT & AT Rehab Programs:**

- Back
- Neck
- Shoulder
- Elbow
- Wrist
- Hand
- Hip
- Knee &
- Ankle Conditions
- Balance Programs
- Fall Prevention Screening
- Work & Auto Accidents
- Wii Rehab Programs
- Orthotics

**Tri-Rehab Busts Top Fitness Myths!**

We're exposing the truth about getting fit.

It can happen to anyone; someone shares an exercise tip with you, and you pass it on to your friends. If you hear it enough, you assume that it must be true. However, you shouldn't believe everything you hear about exercise; it might be keeping you from getting the best and safest workout. Fitness is personal and what works for one person may not be safe for another. The sooner we bust these myths, the sooner you can enjoy a safe and healthy workout!



**Fitness Myth 1: Running on a treadmill puts less stress on your knees than running on asphalt or pavement.**

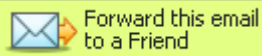
While running is a great workout, it is not the terrain that determines the impact to your knees. It is your body weight on your joints that causes the stress. In order to reduce stress to your knees try varying your workout by riding a bike or using an elliptical machine.

**Fitness Myth 2: Doing crunches will get rid of belly fat.** Crunches might strengthen the muscles around your midsection and improve your posture, but they won't help reduce your percentage of body fat. If you are trying to lose body fat, try doing a workout that involves both cardiovascular and strength training.

**Fitness Myth 3: You should stretch before you begin exercising.** Stretching cold muscles can lead to pulls and strains. Ideally you should break a sweat before excessive stretching. Next time try doing a few warm-up activities before stretching to loosen up your muscles.

**Fitness Myth 4: Lifting weights will make you bulky.** Lifting weights will only make you bulky if that is your goal and you train

## Performance Enhancement



[WWW.TRIREHAB.COM](http://WWW.TRIREHAB.COM)

### Accepted Insurance Plans

Medicare  
Blue Cross Blue Shield  
Aetna  
Cigna  
Tri Care  
Health Alliance Plan  
Workman's Compensation  
United Healthcare  
Auto Insurance  
Cofinity

\*If you do not see your insurance listed, call our office as we are approved with over 35 insurance plans.

### Tell us Your Story!



At Tri-Rehab we are always working together to help you succeed. We would love to hear how we were able to help you reach your goals. Help us share your story with others who may be working towards their own personal goals.

[Share with our friends on Facebook](#)

[Write a review on Google](#)

hard to reach that goal. Light weight lifting a few times a week will help increase bone strength and muscle mass without becoming bulky.

**Fitness Myth 5: More is always better.** For most people, 30 minutes of moderate exercise five days a week is enough to sustain a healthy body weight and energy level. With the exception of professional athletes, anything over 90 minutes is too much. It can cause damage and erosion to the muscles and joints.

references:

[Top 9 Fitness Myths](#)  
[Fitness Fact or Fiction](#)

Find us on Facebook if you have any questions about your workout and would like to ask one of our licensed athletic trainers.

Like us on Facebook

## Knee Replacements May Save Lives



By the time 64-year old Laura Milson decided to undergo total knee replacement surgery after 12 years of suffering with arthritis, even a short walk to the printer was a struggle. After her surgery last August at the Rothman Institute at Thomas Jefferson University in Philadelphia, Ms. Wilson spent a week in rehabilitation and says she hasn't stopped walking since. "My son says to me, 'You have to slow down,' and I say 'No, I have to catch up!,' " she said. "It's a whole different life."

For Ms. Milson, who lives in Shrewsbury, PA., replacing the joint in her right knee came with a surprising bonus: a 20 pound weight loss in two months. "I joked with my doctor, 'I think you put a diet chip in my knee,' " she said. "The weight just sort of came off." Now she has joined Weight Watchers to drop a few extra pounds and is training for a three-day breast cancer walk in October.

For years surgeons have boasted of the pain relief and improved quality of life that often follows knee replacement. But new research suggests that for some patients, knee replacement surgery can actually save their lives.

Researchers believe that patients who have their knee replaced are motivated to become more active and able to reap the benefits of a healthy, active lifestyle. Studies have shown that within a few years of the surgery the patient's risk for heart failure can be drastically reduced.

If you are struggling with osteoarthritis and considering a knee

replacement, or have recently had the surgery, Tri-Rehab would love to play an active part in your rehabilitation. Our staff will work together to restore your strength, flexibility, and overall quality of life. Contact one of our offices today for more information on starting your rehabilitation program.

[Click here to read entire New York Times article.](#)

By Tara Parker-Pope

## Supporting our Community!



Times are hard for many families in our local metropolitan area. The community outreach center of St. Mary Parish in Wayne sponsors over 2,500 families alone. During the month of May Tri-Rehab will be working with St. Mary Parish to help make a difference.

We will be accepting donations such as new and gently used clothing and non-perishable food items. Money donations\* are also welcome. For drop-off information contact our Dearborn location at (313)593-1703. Thank you in advance for your support!

\*Please make checks payable to: St Mary Community Outreach Center

Remember that at Tri-Rehab it's all about you! For more information visit our website

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

## Free Consultation!

**Print this coupon to redeem your free consultation.**

During May and June Tri-Rehab would like to offer a one time deal! If you or a friend or family member are experiencing pain or discomfort and feel that physical rehab could help; call us and set up a free consultation. Our licensed athletic trainers will evaluate your condition and refer you to a specialist for further treatment if needed. [Contact](#) one of our offices to schedule your free consultation today!

**\*All consultations are scheduled according to availability of evaluating athletic trainer.  
Offer Expires: 6/30/2012**