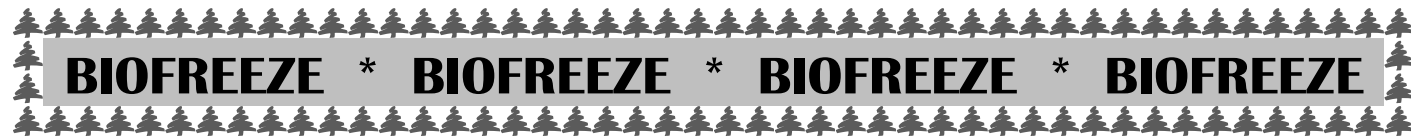


Superior Rehabilitation

6820 Veterans Blvd. Ste. A, Metairie, LA 70003
 (504) 887-7463 phone (504) 887-7115 fax



Powerful Pain Relief Without a Prescription

- Improved Performance
- Longer Lasting
- With More Natural Ingredients
- No-Mess Application
- Air Travel Friendly (2 oz)
- Dye Free



PRICES FOR INSTOCK ITEMS	
4oz . Tube	\$12.00
4 oz. Roll On	\$12.00
4 oz. Spray	\$14.00
16 oz Pump	\$44.00
16 oz Spray	\$44.00
32 oz Pump	\$58.00

SUPERIOR REHABILITATION Volume III, Issue 4

6820 Veterans Blvd. Ste. A, Metairie, LA 70003 Dec/Jan/Feb 2011-12
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What's New?

- **TECHNOLOGY**— Superior is excited to unveil our newly updated **website** at www.superiorrehabilitation.com. You can check out all the latest information about our staff and events happening at the clinic. This website will also streamline your registration process when coming in for an evaluation. You will find our forms online along with updated information about products and services we offer. This website is user friendly and has many helpful resources for both patients and physicians. Take a few minutes to take a look on-line at your place for physical therapy.
- **COMMUNITY**— Another successful **blood drive** at Superior Rehab. Thanks so much to each of you that took time out of your schedules to SHARE YOUR LIFE. We had a total of 23 donations for this blood drive. Each donation will help save 3 lives. That's a total of 69 people that will be impacted by your contribution. Our next Blood Drive will be in May 2012. Mark your calendar so you can be part of a great cause.
- **HOLIDAY ALERT**— If you are currently receiving services at Superior, please mark your calendar for upcoming holidays. The clinic will be closed Monday, December 26th for the Christmas holiday and Monday, January 2nd for the New Year's Day holiday.
- **ACCESS** — We are pleased to inform you there has been a ramp constructed at the entrance of the clinic. This provides a convenient access for our patients that are utilizing an assistive device for mobility. The new ramp is located much closer than the one we've used previously and is an easier transition from the parking lot.
- **LOST & FOUND**— We recently found a silver ring that was left behind in the clinic. Should this gem belong to you, give us a call with a description and IT'S YOURS. Rhonda has been gracious enough to keep it in a safe place for you.



*May Peace, Joy, Hope and Happiness be yours during this Christmas Season and throughout the New Year,
 Your Friends at Superior Rehab
 Helen, Megan, Chris, Donna M, Mike, Donna B, Rhonda (left to right)*

SOME YUMMY FOR YOUR TUMMY



Cornbread and Sausage Stuffing - 12 servings—scant 1 cup

- Preheat oven to 325° F. Coat a 9x13-inch baking pan with cooking spray.
- Cook sausage in a large nonstick skillet over medium-high heat, stirring & breaking up with a wooden spoon, until browned, about 10 min. Add onion & celery, cover, reduce heat and cook, stirring occasionally, until tender about 10 min. Transfer the mixture to a large bowl. Season with salt & pepper. Add cornbread, parsley & sage.
- Bring broth to a simmer in a small saucepan. Pour 1 cup over the stuffing mixture and toss gently (the cornbread will break into smaller pieces). Add as much of the remaining broth as needed, 1/2 cups at a time, until the stuffing feels moist but not wet. Spoon the stuffing into the prepared pan and cover with foil.

Bake the stuffing until thoroughly heated, about 25 minutes. Serve warm.

TIPS & NOTES: Make Ahead Tip: Prepare through step 3, cover and refrigerate for up to 1 day. Bake at 350°F until hot, about 30 minutes.

NUTRITION: 242 Calories/serving,; 8g fat(3g sat, 0g mono); 29mg cholesterol; 34g carbohydrates; 10g protein; 2g fiber; 692mg sodium, 79mg potassium.

Carbohydrate Serving: 2 Exchanges 2 starches, 1 medium fat meat

INGREDIENTS

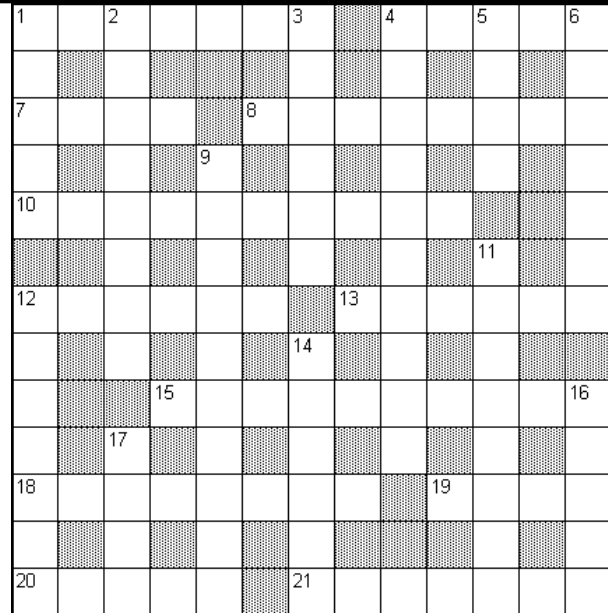
- 1 pound sweet Italian turkey sausage, (about 4 links), casings removed
- 2 cups finely chopped onion
- 1 1/2 cups finely chopped celery
- 1/4 teaspoon salt, Freshly ground pepper, to taste
- 2 pounds prepared cornbread, cut into 3/4-inch cubes (about 12 cups)
- 1/4 cup chopped fresh parsley, 1 tablespoon chopped fresh sage
- 1 2/3 cups reduced-sodium chicken broth

Exercise Your Brain! Get Your Game On

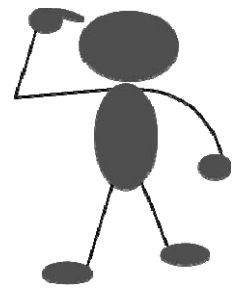
Across

- Very Loyal (7)
- Shun (5)
- Discretion (4)
- An Exciting Adventure (8)
- Discover after long search (3, 2, 5)
- Get to bottom of (6)
- Large leopard-like animal (6)
- Depressed (2, 3, 5)
- Illustrious (8)
- Deprived of feeling (4)
- Unsophisticated rustic (5)
- Betrayer (7)

- Discourage (5)
- Neighborhood (8)
- Consternation (6)
- Daringly innovative (5,5)
- Spoken (4)
- A Visionary (7)



SUDOKU						
	6	3		8		4
5	3	7		9		
	4			6	3	7
	9			5	1	2
7	1	3	6	2		4
3		6	4			1
				6	5	2
1	2			9		8



Down

- Discourage (5)
- Neighborhood (8)
- Consternation (6)
- Daringly innovative (5,5)
- Spoken (4)
- A Visionary (7)
- Deteriorate (2,8)
- Overcome (8)
- Scapegoat (4,3)
- Push with sudden force (6)
- Subdued in color (5)
- Castle in chess (4)

EXPERT ADVICE FROM THE DOCTOR



Shopping Without Dropping

Shopping during the holidays can be an all day event and exhausting overall. Wearing comfortable shoes when shopping, preferably walking or running shoes, can help increase your comfort and prevent ankle and foot pain that can result from wearing high heels – especially on hard surfaces, such as the floors in shopping malls.

If shopping for a lot of gifts and/or for a long period of time, be sure to lighten the load with frequent trips to the car to drop off purchases. This will provide some additional exercise and relieve the stress on your back muscles. Also, consider using a shopping cart or getting help to carry packages to your car.

You can ease the physical and mental stress of shopping by planning ahead, creating a list of your intended purchases, and avoiding prime shopping times to decrease wait times that can increase or exceed standing/walking time tolerances.

Here are some tips on the proper and safe way to balance your holiday shopping: Distribute the weight of shopping bags equally on both sides of your body. Consider carrying a small backpack rather than a heavy purse.

Before You Lift

Here are some tips on how to safely lift heavy holiday packages: Test an object's weight before attempting to lift heavy packages or luggage. Try pushing it with your foot. If it seems too heavy then take smaller loads, which are less likely to strain your back and are easier on arm and shoulder muscles. Keep the load close to your body when lifting. Ask for help or use an assistive device to lift heavy objects. Seek help from a physical therapist if your back pain lasts more than a few days or gets worse.

Our staff at Superior Rehabilitation provides physical therapy services for all orthopedic and sports injuries, including those involving necks and backs. To schedule an appointment, call us at (504) 887-7463. I wish all of you a safe and pain-free Holiday season!



Superior Spirituality

It was anything but an idyllic, silent night on that cool Bethlehem evening when a scared teenager gave birth to the King of kings. Mary endured the pain of her baby's arrival without the aid of anything more than the carpentry-roughened hands of Joseph, her betrothed. Shepherds may have been serenaded in nearby fields by angels singing praises to the Baby, but all Mary and Joseph heard were the sounds of animals, birth agony, and the first cries of God in baby form. A high-magnitude star shone in the night sky above the outbuilding, but the manger scene was a dreary place for these two out-of-town visitors.

- Mary's Christmas
- Read:
- Luke 1:26 – 33; 2:4 – 7
- Mary kept all these things and pondered them in her heart.
- - Luke 2:19

As Joseph laid the infant in Mary's arms, a combination of wonder, pain, fear and joy must have coursed through her heart. She knew, because of an angel's promise, that this tiny bundle was "the Son of the Highest" (Luke 1:32). As she peered through the semidarkness into His eyes and then into Joseph's, she must have wondered how she was going to mother this One whose kingdom would never end.

Mary had much to ponder in her heart on that special night. Now, over 2,000 years later, each of us needs to consider the importance of Jesus' birth and His subsequent death, resurrection, and promise to return. - Dave Branon

Almighty God became a man

By lowly, humble birth;

And Mary treasured in her heart

This Gift of boundless worth. -Sper

God came to live with us so that we could live with Him.