

Get In Motion

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Montrose/Delta/Ridgway
970-249-1646

In Motion Therapy is Western Colorado's Premier Sports Rehabilitation and Hand Therapy Clinic - featuring the most experienced staff and state of the art equipment in the region. IMT offers Physical Therapy, Occupational Therapy, Sports Medicine, Hand Therapy and custom splinting.

Owner:
Martin Lutz, MPT

Physical Therapists:

Teresa Bailey, MSPT, Clinical Manager
Troy Grignon, PT, DPT, OCS
Anne Keil, PT, DPT
Kristin Tea, PT, DPT, OCS
Ryan Williams, DP, DPT, CERT, DN, CIDN

Occupational/Hand Therapists:

Amy Hanley, OTR, CHT
Kari Reddin, OTR
Sue Scranton, OTR, CHT

Physical Therapist Assistants:

Mary Genser, PTA, Pilates Instructor
Cory Meaker, PTA

Certified Athletic Trainers:

Tylar Lanning, ATC
Julia Spellman, ATC, ITAT

Clinic Coordinators:

Erin Maness, Front Desk Director
Donna Flowers
Amanda Odom
Judee Ferguson

Billing and Authorizations:

Vanessa Hughes
Deena Wright

Rehab Technicians:

Teagan Bailey
Jenese Sizemore
Emily Maness
Sawyer Lutz

Fitness Instructor:

Eileen DeJulio

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What Motivates You?

Cory Meaker, PTA

Right at the moment, the answer for me is "coffee". Once I'm caffeinated and ready to go however, the scope broadens a bit and that question becomes, "What motivates us all in life?"



Stunningmotivation.com narrows it down to what they call the 6 Common Factors that Motivate People in Life. In no particular order they are: Money and Rewards/ Desire to be the Best / Helping Others/ Power and Fame/ Recognition/ Passion.

Which one motivates you the most? Is it the same for all areas of your life? What drives you at work? In your relationships? In your hobbies? What motivates you in your health and fitness?

What spurs you on in the quest for weight loss, or training for that race, or rehabbing that injury?

The answers can be different for all of us. If this resonates with you and you are looking for some guidance in this area, consider classic authors Stephen Covey, Dale Carnegie, or Norman Vincent Peale for some insight.

Here are some things I have found inspiring lately.

I was taught rock climbing by two 80 year old guys who still have a passion for the sport and have maintained the physical strength and ability to do it. How cool is that!

I watched a Professional golfer make a historic comeback after 11 years and 8 surgeries to win Golf's most coveted prize.

I read about fellow Coloradoan Tim Don, who clawed his way back to an Ironman world championship victory less than 1 year after being hit by a car and breaking his neck, putting him in a Halo neck brace that was screwed into his skull and chest for 3 months.

For me, the most inspiring of all, was watching my kid strap on a pair for skis for the 1st time this winter. As he overcame the fear of falling, I watched his smile grow and his face beam with pride as he found his confidence. He pushed hard, improved quickly, and could not have cared less what anyone else thought, because he found something he loved, and that was motivation enough.

I hope we can all find joy and motivation like that. Sometimes seeing it in others first can help us find it within ourselves. Here's to you finding your motivation!

Natural Born (Weed) Killer...Make your own natural weed killer

hgtv.com

Weeds...there is no shortage of these unwelcome visitors. When you are looking for a natural alternative to herbicides, a cocktail of vinegar, salt and liquid dish soap has all of the ingredients needed to quickly kill weeds. Acetic acid in the vinegar and the salt are very good at drawing moisture from the weeds. Dish soap acts as a surfactant, which reduces the surface tension and allows this mixture to bead on the leaves instead of being absorbed by the plant. You may need several applications, because this formula is not built to work its way into the root system.

- 1 gallon white vinegar
- 1 cup salt
- 1 tablespoon liquid dish soap

Combine ingredients in a spray bottle and treat weeds at the sunniest time of day for best results.



Skateboarding - Start those wheels rolling!

longboardbrand.com

It looks so easy at the skate park. The crazy tricks and high jumps seem like a lot of fun. But you need to get the basics down and a little practice before you pull any stunts.

Gear Guidelines. You need more than just a skateboard. A helmet is a must as well as shoes, wrist guards and pads. Your helmet should be designed for skateboarding and have a strong buckle and band. Make sure it is tightened and snug when you ride. Always wear closed toe shoes, ideally made of suede or leather. The sole of the shoe should be made of grippy rubber. Wrist guards, elbow and knee pads should have a tough plastic shield and be snug but facilitate easy movement.

Get comfortable with stepping on your skateboard. Set your skateboard on a carpet or some grass, and then try stepping on it. Stand on the board and move your feet into various positions. Determine your ideal stance. Most people put their left foot forward. Skating "goofy" is putting your right foot forward.

Rolling your board. Step on the board with your front foot, and use your back foot to push off. When you are at a comfortable speed, place your back foot on the board. To make a turn, lean toward the direction you want to turn. This will make a slow long turn. Foot braking is the easiest way to stop your board. Just take your back foot off and drag it on the surface.

Riding surfaces. Most skate parks have surfaces for beginners. When you choose to move on to a harder surface make sure it is free of sticks, rock and other debris. Watch out for cracks and ensure there is zero chance of encountering a car.

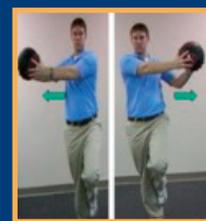
Learn to fall. Remember to "tuck and roll" when you fall. Do not fall on outstretched hands, tuck in your elbows. Roll onto your shoulders, then back, letting the force of the fall play itself out with the roll.

Remember, get fancy later. Bigger tricks could mean bigger injuries. There will be plenty of time to learn tricks after you have mastered the basics!



Exercise Tip of the Month SINGLE TRUNK ROTATION WITH BALL

Hep2Go



Hold ball out at chest height.
Balance on one leg and rotate as far as you can to the left, back to center, then rotate to the right and back to center.
Repeat 5 times each leg.

The Inside IMT

- Happy Birthday to Donna Flowers & Sawyer Lutz!
- Welcome Sawyer Lutz. Sawyer will be working at IMT as a rehab tech.



Roses are red
Violets are blue
But they don't get around
Like the dandelions do.

Slim Acres

Chicken Sausage Skewers

Food Network

Marinade ingredients:

- 1/3 cup extra virgin olive oil
- 1/4 chopped fresh flat leaf parsley
- 3 tablespoons fresh chopped chives
- 3 tablespoons soy sauce
- 1 glove garlic minced
- Zest of 1 large lemon
- 1/4 teaspoon ground pepper

Skewers ingredients:

- 8 10 inch bamboo skewers, soaked in water 30 minutes
- 5-6 links chicken sausage links, cut into 24 pieces
- 4 zucchini cut into 24 slices 1 inch thick
- 1 large lemon cut into 16 slices
- 2 fennel bulbs, ends trimmed, quarter cut into 16 pieces
- 1 red bell pepper, seeded and cut into 16 square pieces
- Vegetable oil

Wisk marinade ingredients together in a medium bowl.
Assemble skewers by threading alternating vegetable and meat (3 sausages, zucchini and lemon, 2 fennel and red pepper) onto each skewer. Pour or brush marinade over skewers and refrigerate at least one hour. Oil the grill with vegetable oil and preheat.
Grill the skewers, turning occasionally, until the sausage is cooked through, 15 to 20 minutes.
Arrange on platter and serve.



Martin's Minute

I cannot believe that 4 months have passed since we joined the In Motion family. Time flies when you are having fun! Along with caring, compassion and a patient first mindset fun is a vital component of our culture. Therapy cannot always be easy but your physical environment and the professionals you interact with can make it a little smoother and a little more fun. Our goal here at In Motion Therapy is that your patient experience is beyond compare. This is what our patients tell us and they prove it to us in the best way - by referring their family and friends.

Today in healthcare we face many challenges but finding the best team of providers to guide you through recovery and back to an active lifestyle is not a challenge at all. The professionals here at In Motion Therapy are that team and are truly here to serve.

Thank you for choosing IMT for your therapy needs. It is our pleasure to serve you.