

VOLUME 2, ISSUE 4

FALL 2010

The Augusta PT Connection

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FALL CELEBRATIONS !

Candied Pecans

1 lb pecan halves
1 Tbsp. water
1 tsp salt
1 c. granulated sugar
1 tsp cinnamon
1 egg white

Directions: Preheat oven to 225 degrees. Meringue the 1 egg white with 1 Tbsp. water until there are stiff peaks.

Put pecans in a gallon-sized Ziploc bag. Pour meringue over pecans and gently mix so all pecans are coated in meringue.

In a separate bowl, combine sugar, salt, and cinnamon and mix. Pour sugar mixture over pecans and mix/shake bag to coat pecans.

Line baking sheet, or jelly-roll pan, with foil and spray with cooking spray .

Bake for 1 hour.

From Jacque's Kitchen

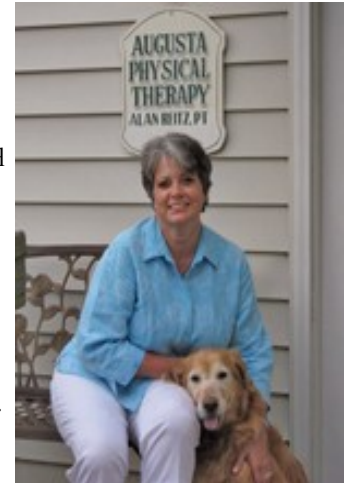
Congratulations !

Jacque and her Golden Retriever, Hattie

They were recently spotlighted in Fall 2010 issue of The Virginia Dog magazine. The article centered around Hattie and the difference a pet can make in the workplace.

You can stop by APT for a copy of the magazine or visit www.thevirginiadog.com and select Dog-Friendly Businesses. The magazine has a wealth of information for owners and their dogs. One article explains that grapes can cause kidney failure for a dog, even though the dog has had grapes in the past.

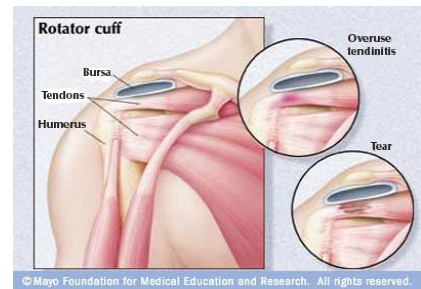
Way To Go Girls!!



Physical Therapy for Shoulder Pain

Symptoms Including:

- Pain/tenderness when reaching, lifting, or sleeping on the shoulder.
- Shoulder weakness,
- Loss of range of motion..
- Keeping shoulder immobilized.



Edna Moyer

Patient Referral Representative

Edna received a \$25 Wal-Mart gift card as a token of our appreciation for referring her friends to APT. You can also be a Patient Referral Representative. Share your physical therapy experience with your friends. Encourage them to contact their family physician or to call our office. We have seen patients who have had discomfort for many years. They have found after a few treatments that physical therapy can make a significant difference.



**AUGUSTA PHYSICAL
THERAPY**

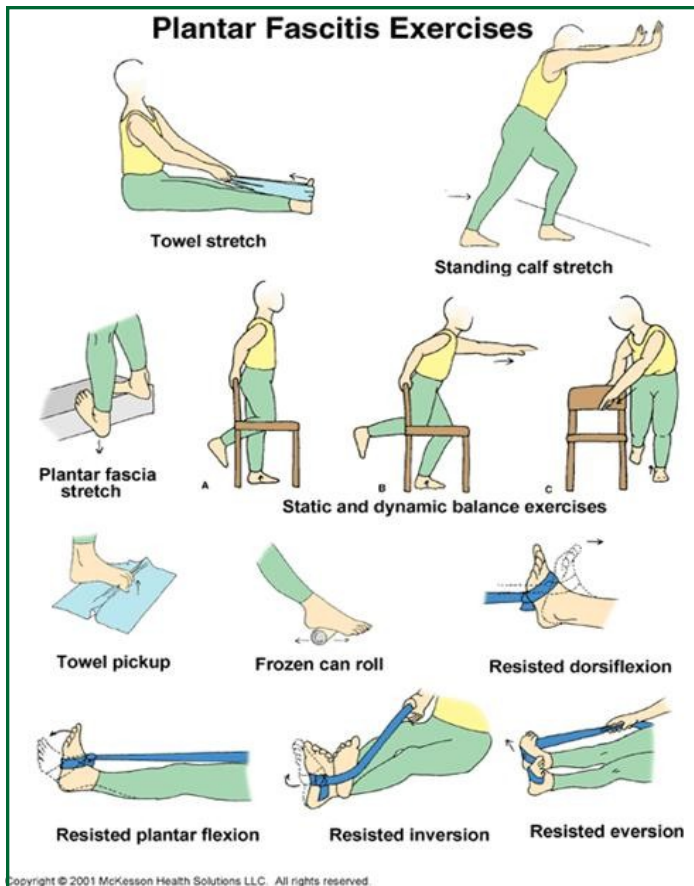
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**PUTTING QUALITY BACK
IN YOUR LIFE**



**Fall Prevention
Physical Therapy Treatments Include:**

- Balance Activities
- Muscle Strengthening Routines
- Endurance Activities

The LifeGlider Can Help With:

- Arthritis Pain, Balance, Gait,
- Weakness, Neuropathy, Stiffness

Our LifeGlider Patients Say:

“I can walk with more balance. I feel so much more eager to try walking more. I just feel a lot better.” Mable

“I can even walk into Wal-Mart. I am not taking my pain meds.” Betty

“I have confidence and no fear of curbs and steps. I have strength in my left leg.” Bonnie

