

December 2022



# YOUR HOLIDAY SURVIVAL GUIDE



The American Association for Accreditation of Ambulatory Surgery Facilities accreditation programs helps facilities demonstrate a strong commitment to patient safety, standardize quality, maintain fiscal responsibility, promote services to patients and collaborate with other health care leaders.







## KEEPING UP WITH PT DURING THE HOLIDAYS IS TOUGH, FOLLOW THESE TIPS TO MAKE IT EASIER!



This month of the year is always been a busy month for everyone. There are so many things to do this time of year like cooking, parties, shopping, and travel. Physical therapy often gets put at the bottom of the list. But if you're in physical therapy over the holidays, there's a reason. It might be a pain, a recent surgery, or just not moving the way you'd like. Any of these things will put a damper on your holiday season, so keeping up with your Physical Therapist is important.

### HERE ARE SOME TIPS TO MAKE IT EASIER

The crazy schedule is part of what makes the holidays challenging. That's why planning is extra important right now. Your schedule isn't the only one that is full this time of year - so your PTs plan and schedule your appointments well in advance. You'll get the times and days that work best for you, and you'll already have your Physical therapy appointments in your calendar to plan around.



Hopefully, you have regular time to exercise. With the holiday mania about to shake up your routine, that time may no longer work. Think about when you're going to exercise ahead of time, and you'll stay consistent.

Planning won't solve all of the holiday challenges though. Be ready to work with your Physical Therapy and make modifications to your treatment.

You might have to modify your plan of care and attend fewer sessions for a week or two. Here at Chesterton Physical Therapy, we can help you with a few extra things to work on at home so you don't fall behind. If you find that getting in all of your home exercises is tough, you can consult with your physical therapist here and he would temporarily reduce the number of exercises you're doing with a focus on maintaining your progress through the busy season.

The holidays are a special time of year. Keeping up with your health and your physical therapy can be challenging during this time. But you don't have to fall behind. With Chesterton Physical Therapy, you can stay healthy, survive the holidays, and head into next year with good momentum!

## *Testimonial*



Maribel and her staff (April, Kiana, I can't remember the guys names or everyone else but they are all great!) are all incredible! I was nervous about going and they put me at ease from the minute I walked in the door. I felt relief after literally one session! I'm only half way through and have already learned so much and gotten so much relief! I actually look forward to going. The staff are all very professional, friendly, attentive, thorough, work well together, have a great dynamic and are very knowledgeable. I can't recommend them enough! They are great!

-Jessica K.

[Visit Our Website Today To Book Your Appointment!](#)





# ACTIVITIES of This(HOLIDAY) Month ...!!





# Recipe For This Christmas

## Perfect Apple Pie



## Ingredients

- Pillsbury\* Refrigerated Pie Crusts, 1 package
- 6 cups (1.5 L) of peeled, thinly sliced apples (6 medium)
- 175 mL or 3/4 cup sugar
- 25 mL (2 tbsp) of flour
- 3 mL or 3/4 tsp of cinnamon
- Salt, 2 mL, 1/2 tsp
- 0.5 mL or 1/8 tsp of nutmeg
- 15 mL (1 tbsp) of lemon juice

## Direction

STEP 1: Preheat the oven to 400°F. In a 9" (23 cm) pie pan, prepare the pie crust according to the package directions for Two Crust Pie.

STEP 2 - Combine filling ingredients in a large mixing dish. Fill the pie crust evenly with the filling. Wrap extra top crust under bottom crust border and top with second crust. To seal, press the edges together and flute the edges as desired. To vent, make slits on the top crust.

STEP 3 - Bake for 40 to 50 minutes, or until the apples are soft, the filling is bubbling through the openings in the top crust, and the crust is golden brown. After the first 15 minutes of baking, cover the edge of the crust with pieces of foil.





**Book Your Free Consultation**

**Book Your "Free 30 Minutes Consultation"!!**

**"Now You Can Come And Discuss Your Concerns With One of Our Best Physical Therapists.**

**At No Cost Or Obligation!"**

## **Refer-A-Friend!**

***Who Do You Know That Needs Our Help?***

**If you know someone who may benefit from our style of physical therapy, please pass along this newsletter or scan the OR Code below to go to our referral page. We will send them information about how we might be able to help them.**

*Click the link to visit the page on website*



**REFER A FRIEND**



# Merry Christmas



Merry Christmas from Chesterton  
Physical Therapy!

*We wish each of you lots of  
laughter and joy this holiday  
season.*



"Chesterton Physical Therapy Is Thankful For Your Trust And Support"

## Our 3 Convenient Location

### CHESTERTON

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### MICHIGAN CITY

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