



Prairie Rehabilitation Services will be a leader in rehabilitation and wellness. Through a steadfast quest for excellence, we will have a positive impact in the lives of those we serve.



Staff Spotlight

Jason Rostomily

Physical Therapist Assistant



"I started working with Prairie Rehab a week after graduating from the physical therapist assistant program at Lake Area Tech back in 2004. Over the past 13 years with the company I have worked in the long term care facilities, home health and in the outpatient clinics. I am currently full time at our outpatient clinic in Sioux Falls on S. Cliff Ave. Over the years working with the different regional teams of the company I have had a great opportunity to learn so many skills from my fellow co-workers. I grew up on the family farm in southwest Minnesota and still like going out in my garden and getting my hands dirty. My wife, Shalaine, and I live in Sioux Falls with our 2 sons, Anderson(6) and Josten(3). In the summer months we enjoy camping and hiking as a family at the local State Parks. My wife and I also enjoy backpacking out in the Black Hills when time allows." ◇



Holidays

August 16: **National Airborne Day**



August 26: **Women's Equality Day**



Awareness

August is...

- Children's Eye Health and Safety Month
- Digestive Tract Paralysis Awareness Month
- Gastroparesis Awareness Month
- National Breastfeeding Month
- National Immunization Awareness Month
- Psoriasis Awareness Month

Visit healthfinder.gov/NHO/ to find more info

Sioux Falls Locations

Cliff Ave: 1720 S Cliff Ave 334-5630

Marion Rd: 5235 W 26th 271-6920
(Located at the corner of 26th & Marion)

Louise Ave: 7400 S Louise 271-0808
(Located inside of Primrose Retirement Community)

Additional Locations: Brandon, Hartford, Harrisburg, & Tea

www.PrairieRehab.com



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Gardening with Arthritis: **Tips for Preventing Joint Pain**



Gardening can be a pain-free hobby for people living with arthritis—all you need is a little planning and creativity.

A few shortcuts and adaptations can make gardening possible for anyone, says Heidi Sibert, a landscape architect at James Martin Associates in Chicago. Sibert, who has psoriatic arthritis, is a passionate proponent of a horticultural approach called enabling gardens.

Enabling gardens, which are used by many doctors as a form of physical, mental and social therapy, are specifically designed to be accessible to people with specific needs and limitations. The key for people with arthritis is to keep your garden within easy reach.

With just a few adjustments, you can do it on any scale and indulge your preference for flowers, vegetables or landscaping plants. Start by identifying any potential limitations, and finding a way around each one. Here are a few ideas:

Take Your Garden to a Higher Level

If you find it difficult to bend or stoop to work in your garden, bring the garden closer to you! Try a flower box or raised flowerbed to eliminate stooping. Raised beds, containers or planting tables can reduce the stress on your knees when you're digging and weeding.

Raised beds can be made permanent, held up by wood, brick, or stone walls that will stay in place long-term. Consider hiring someone to help with the initial installation; once in place, the garden is yours to plant and enjoy!

For a more temporary or portable solution, you can grow your garden in pots or other containers. This is especially great for apartments and small yards. For plants that you plan to move, you can save your joints by using lightweight Styrofoam or plastic pots. If they're big, fill them 1/3 full with Styrofoam peanuts, which will help with drainage and reduce their weight.

Use Joint-Friendly Tools

Long-handled tools that allow you to stand, not stoop, and easy-to-grip hand tools are gardeners' friends. You can add attachments that lengthen tool handles to gain leverage.

Buy a kneeling pad or even a scooter wagon you can sit on

while weeding. This will prevent you from having to stoop or bend, but be sure to stand up and stretch out from time to time.

Practice Correct Posture

Let your larger/stronger joints do the work when possible. Instead of using your fingers to lift an object, try using the flat palm of your hand, your forearms or even your elbows. Keep items close to your body as you carry them. Stand or sit up straight while you work, and change positions often.

Take Frequent Breaks

When you're gardening, arthritis pain can build if you don't rest your joints properly. Stop and smell the roses and have a glass of lemonade. Well-earned, frequent breaks allow you to appreciate your garden's beauty, plan your next tasks and get more done before fatigue begins.

~ Arthritis Foundation
www.blog.arthritis.org



Early Detection of Speech, **Language, and Hearing** **Disorders**



Do you have a child 3 years old or younger? Are you worried because your child doesn't seem to listen? Has your child started to say any words? Does your child cry a lot or have tantrums? Your child may have early signs of a speech, language, or hearing disorder.

Don't wait and hope your child will outgrow a communication problem. Early spoken language disorders can result in problems with reading, writing, and learning. They also may lead to problems with social skills, like making friends. Early detection leads to early treatment. The earlier you get help for your child, the better.

Speech-language pathologists (SLPs) help children of all ages who have spoken and written language disorders, speech sound disorders, stuttering (disfluency), and voice disorders.

~ American Speech-Language-Hearing Association

www.asha.org

