

Joyner Therapy Services

2907 Williamson County Parkway
Marion, IL 62959
Phone: 618-998-9894

Joyner Therapy Services

924 South Commercial Street
Harrisburg, IL 62946
Phone: 618-252-7171

Joyner Therapy Services

217 South Adams Street
Golconda, IL 62938
Phone: 618-683-2728

* Physical Therapy * Occupational Therapy * Speech Therapy * Massage Therapy * Aquatic Therapy

Osteoporosis

Osteoporosis is a disorder that causes weak bones. The word bone (osteo) and holes (porosis) meaning porous or filled with holes. The weak bones may lead to a hump in the upper back, loss of height and increased risk of fractures. Osteoporosis itself is painless but the fractures that may occur are painful.

The good news is that it is never too late to make your bones stronger and healthier. You can build stronger bones with a calcium rich diet, an exercise program, and lifestyle changes. Stop smoking. Limiting how much alcohol you drink is important, as alcohol can put you at risk for falling and breaking a bone. Your physician can order a bone density test if he feels you are at risk for having osteoporosis. Osteoporosis can occur in men as well as women.



Arthritis Foundation exercise class at McKinley Avenue Baptist Church, in Harrisburg

One of the best ways to improve bone health is “by doing strength and resistance training using your own body weight or free weights,” says Dr. Brian Joyner. According to Dr. Joyner this kind of exercise builds up the muscle around your bones. It also improves bone mineral density and can even stimulate the growth of new bone tissue!

Joyner Therapy Services and our therapist can work with your physician to design an exercise program for you.

The Arthritis Foundation exercise programs taught by Joyner Therapy Services in Marion and Harrisburg can help you maintain your exercise program.

To enroll in a class in Marion call the 998-9894 and for Harrisburg call 252-7171.

and is available at **Aldersgate Methodist Church**, 1201 N. Fair St., Marion, on Tuesdays and Thursdays from 9:00 am to 10:00 am. and **McKinley Ave. Baptist Church**, 410 Sloan St., Harrisburg, on Tuesdays and Thursdays from 10:00 am to 11:00 am. **Brookstone Assisted Living** in Harrisburg offers the class on Tuesdays and Fridays from 11:15 am to 12:00 noon and **Saline Care Center in Harrisburg also offers** classes on Mondays and Wednesdays from 10:00 am to 11:00 am.



Marion Arthritis Foundation Exercise class at Aldersgate Church Fair St. in Marion.

therapist can work program for Marion office at This is a free class

Avoid Dangerous Falls

When your bones are weak, a simple fall can cause a broken bone. This can mean a trip to the hospital and maybe surgery. It might also mean being laid up for a long time, especially in the case of a hip fracture. So, it is important to prevent falls. Some things you can do are:

- * Make sure you can see and hear well. Use your glasses or a hearing aid.
- Ask your doctor if any of the drugs you are taking can make you dizzy or unsteady on your feet.
- * Use a cane or walker if your walking is unsteady.
- * Wear rubber-soled and low-heeled shoes.
- * Make sure all the rugs and carpeting in your house are firmly attached to the floor, or don't use them at all.
- * Keep your rooms well lit and the floor free of clutter.
- * Use nightlights.

Nutrition and Osteoporosis

It is important to load up on calcium and vitamin D to prevent and improve osteoporosis. Getting enough vitamin D (your body needs it to absorb calcium) can be different from food source alone since few foods contain it. That's why many women choose supplements that contain both calcium and vitamin D. Foods that have vitamin D include enriched milk, liver, fatty fish, and egg yolks.

Peaches with Part-Skim Ricotta

1 cup part-ricotta cheese
2 cups peaches
4 tablespoons slivered almonds
1 tablespoon maple syrup
1/4 teaspoon almond extract

Mix the ricotta with the maple syrup and almond extract. Equally divide peaches among four bowls. Top with flavored ricotta and slivered almonds.

Nutrition Facts (Per serving) Calorie 183, fat 10 g (saturated fat 3) cholesterol 19mg, carbohydrate 16 g, protein 10 g, fiber 2 g, sodium 77 mg, sugar 11 g, Iron 1 mg, calcium 199 mg

Joyner Therapy Services continues to grow!

Bottom left is the new 800 square foot addition plus basement to our Marion JTS building at 2907 Williamson County Parkway.



JTS sign and beautifully landscaped entrance to our new clinic at 924 South Commercial St., Harrisburg



Nutrition is an Important Part of Your Overall Health.

Are you confused about what vitamins and supplements to take?

Joyner Therapy Services now offers Custom Essential vitamins that will eliminate the guesswork about what your body needs. Priva Test is available at all three JTS clinics. To order online go to www.trumpnetwork.com/brianjoyner Priva Test is available for \$139.95 with your Custom Essentials tailored to your body's needs for \$69.95 per month.

Optimum Health in 3 easy steps

1. Take your personal Metabolic Test.
 - Fill out your personal health assessment.
 - Collect your urine using supplied system.
2. Fedex the test free to the lab.
 - Use the enclosed prepaid clinical pack (Fedex picks up at your door)
3. Receive your personal 14 page lab report and your 1st month's Custom Essentials vitamins
 - Up to 50 pharmaceutical grade nutrients.

For more information call Donna Cunetto at 618-364-5607.

Gardening to Protect Your Joints

Now that the weather is getting warm it is time to get outside in your garden. For those of you who love to garden, let's learn to make gardening easier on the joints. Gardening is a great way to soak up vitamin D and get some exercise.

As with any activity check with your Doctor or Physical Therapist.

“You can garden longer and more comfortably if you pace yourself,” says JTS, Physical Therapist, Rob Robinson. “Be sure to switch tasks every 30 minutes and take a 15 minute break every hour,” advises Robinson.

- Use kneeling pads to protect your knees.
 - Wear gloves to protect your hands.
 - Use long-handled tools
- Weed your garden when the soil is moist.
- Use a wagon to carry tools and plants around the garden.
 - Be careful not to put undue stress on your joints.

Most importantly, enjoy the outdoors when you gardens. If you develop persistent pain be sure to contact your Physician. If he feels a physical therapy referral is needed; contact **Joyner Therapy Services in Marion at 998-9894, Harrisburg at 252-7171, and Golconda at 683-2728.**