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LIBERTY NEWS  
**REAL CARE. REAL RESULTS.  
FOR REAL LIFE**

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**NORTH CENTRAL**

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**SHOULD YOU WORK OUT ON  
THANKSGIVING DAY?**

*THE TRUTH ABOUT SWEATING FOR YOUR TURKEY*

Okay, fess up — which of your friends insists on getting a 5-mile run in before the turkey is carved? We all know someone who works out every year on Thanksgiving. The thought is that if you burn calories in the morning, the big meal won't hit you so hard. But is that really true? And if it is, when and how should you get sweaty?

**To Sweat, or Not to Sweat**

The verdict is in: Working out on Thanksgiving morning is good for you. Surprise! However, according to Mic magazine, it's less about balancing your calories in and calories out (which is almost impossible for a Thanksgiving feast) and more about priming your body to anticipate the meal to come. "Your body will be calling for those calories — you'll need them," gym trainer Daniel Stransky told Mic.

**When and How to Hit the Gym**

Stransky recommends hitting the gym both on Thanksgiving Day *and* the day after. On Turkey Day, he suggests "a high-intensity interval training cardio circuit comprised of burpees, squats with overhead dumbbell presses, jump squats, sprints, and rowing on the rowing machine."

Meanwhile, Bodybuilding.com writer Shannon Clark advises working out before, on, and after Thanksgiving. On the day



before, go for a long run or walk. Then on Turkey Day, try weight training using high reps and short rest periods to "deplete the muscle glycogen" so that you can eat more Thanksgiving carbs without gaining fat. The next day, Clark recommends interval cardio training to boost your metabolism.

**The Obvious Truth**

There's one thing all of this Thanksgiving workout talk overlooks: The most important thing isn't whether you work out on Turkey Day — it's whether you stick to a workout routine year-round.

A recent pilot study from the University of Michigan helped prove this. The participants were asked to eat 30% more calories than normal for a week but continue exercising regularly. As long as they did, their new diets didn't cause inflammation or changes in their glucose control or insulin sensitivity.

If you don't already have a workout routine in place, consider this to be a sign! Work with your physical therapist to determine a safe, effective exercise program for you.

**BLESSED AND FORTUNATE**

AN ATTITUDE OF GRATITUDE FOR OUR LIBERTY REHABILITATION FAMILY

Taking time to reflect on our blessings is an important Thanksgiving tradition. Whether it is Thanksgiving or any other day of the year, having a heart full of gratitude and making our appreciation for all that is good in our lives is important. Now, more than ever, in very trying times, we must give thanks for our happiness, love, good health, and prosperity. Here, at Liberty Rehabilitation Specialists, our doctors of physical therapy, physical therapists, and occupational therapists all would like to express their gratitude.

*"I am thankful for the opportunity to empower my patients to live active, engaging lives each day. Thank you for entrusting me!"*

*-Erica Parazo, DPT*

*"I am thankful for my patients who strive to partner with their therapist to work as a team in their own recovery. When we both take an active role in your recovery, we often exceed expectations."*

*-Angela Martin, DPT*

*As a physical therapist, I am grateful to work with patients who have chosen to come see us for their rehabilitation needs, and who entrust me to use the gifts given me to assist them on their road to recovery. It brings me great joy to be able to work with a variety of such wonderful patients and to see the happiness and sense of relief on their faces when they progress and attain their goals.*

*-Melissa Stack, PT*

*"I am thankful for the patients who come in excitedly celebrating small victories in their recovery because each small victory leads to reaching goals, I am also thankful for the patients who come in with a smile and are happy to be here — it brightens my day."*

*-Lori Welter, OTR/L*

*"I am thankful for creating the relationships and experiences among patients that continually teach me to stay humble and hungry to do my job better. Everyone has a different story and each person teaches me how important it is to stay engaged and personal with each case. I am truly thankful for the trust and faith patients place in me to help them achieve their goals."*



*-Rebecca Cantu, DPT*

*"I'm thankful for my patients who trust me to care for them and help them reach their therapy goals. Seeing them progress is amazing!"*

*-Cheryl Villaret, PT*

*"I am fortunate to have a great team. I love that each therapist takes great pride in their work and truly cares about their patients ... that's exactly the way it should be. In addition, we are all diverse in skills and that's what makes Liberty Rehabilitation Specialists special."*

*-Dr. Mary Lou Lugo*

Thanksgiving is the perfect time to remind each other of the many reasons we have to be thankful. We have freedom in our country, friends to depend on, family to love us, roofs over our heads, and plenty of delicious Thanksgiving dishes on our tables. We wish everyone a Happy Thanksgiving and hope that you'll have a wonderful time spending the holiday with those that you hold dear. May the blessings in life be yours in abundance each and every day!



## THIS HELPFUL ROBOT COULD REDUCE YOUR KNEE PAIN

### MEET THE ASCEND WEARABLE ROBOTIC KNEE ORTHOSIS

Fifty years ago, folks expected 2021 to feature flying cars and food pills — but did they predict knee robots? We don't think so! Defying expectations, the San Francisco-based company Roam Robotics debuted a brand-new smart knee brace this summer that could be a game-changer for knee osteoarthritis patients.

Knee osteoarthritis is a degenerative joint disease that impacts millions of people every year. Major symptoms include pain, stiffness, swelling, and a lack of mobility. Leg braces have long been an option to help reduce that pain by taking pressure off the joint, but the Ascend Wearable Robotic Knee Orthosis isn't just a brace. It's a "wearable robot" that takes the benefits of a brace to the next level.

Where other braces are static, this smart brace uses algorithms to predict wearer actions and adjust itself throughout the day for maximum pain relief. It also has a lightweight carbon fiber shell, rechargeable batteries, a smartphone-like display, and built-in sensors that "detect user intention in real time to extend and flex the knee and help overcome weakness through precise stabilization."

One clinical study showed the Ascend reduced the pain of knee osteoarthritis patients by 46% on average, and another found more than 65% of participants experienced improved

mobility with the brace. It's a potential substitute for knee replacement surgery.

The downside of the Ascend is its cost. According to PCMag, the brace will go for \$7,000, although 50%-100% of that cost should be covered by Medicare or private insurance. Still, it is exciting to see a high-tech device come on the market for osteoarthritis sufferers, who could use it alongside physical therapy and other treatments.

The future really is here, and it's likely more companies will follow in Roam's footsteps. As Roam Robotics CEO Tim Swift told NPR, "I believe we have the ability to change the relationship that people have with robots on a scale that has really never been considered. Our goal is not to build cyborgs. It's to make people more human than they ever were before."

This summer, the FDA approved the brace, and it should be for sale this winter. To learn more, visit **Ascend.health**.



## DETERMINATION THROUGH THE RECOVERY PROCESS

### PHYSICAL THERAPY HELPED QUARTERBACK ALEX SMITH

Earlier this year, Alex Smith retired from the NFL after helping the Washington Football Team achieve an NFC East title last year — but that's not what most people will remember him for. Rather, they will remember Smith for fighting through one of the worst injuries ever sustained by a player in the history of the game.

For anyone who might be unfamiliar with his story, here are a few of the basics: On Nov. 18, 2018, Smith sustained a spiral and compound fracture in his tibia and fibula in his right leg after getting sacked by Kareem Jackson. He was rushed to surgery immediately, but that was just the beginning. A serious infection in Smith's blood led to a series of medical complications and 17 more surgeries.

All of this should have meant Smith was done with professional football for good. After all, he nearly lost his leg!



But thanks to his determination, and help from a qualified physical therapist, he was able to steadily recover.

In February 2019, Smith was cleared by the office of the secretary of defense to receive a medical consultation from the military at the Center for the Intrepid, a rehab center normally reserved for combat veterans. However, Smith's injuries were severe enough that they actually mirrored a lot of what the doctors at the facility were used to working with.

The Washington Team's physician, Dr. Robin West, made the visit possible after she contacted her friend Johnny Owens, a physical therapist who used to work at the Center for the Intrepid. He got Smith connected with the team of physical therapists at the facility. Then, he got to work.

According to Smith's wife, he was doing physical therapy five, sometimes six times a week. He seemed determined to recover, and in the end, it paid off. Against all odds, Smith returned to the field for his final season with the NFL, almost completely recovered from his injury.

In many ways, Smith represents what can happen when someone fully dedicates themselves to their recovery — a new life, where he could do things that no one thought would be possible for him again

# IS YOUR WATER UP TO PAR?

## HOW TO CHOOSE THE BEST DRINKING WATER FOR YOUR FAMILY

Here in America, the fastest and easiest way to get drinking water is from the tap in your sink, but there are nearly a dozen other types of water available at most grocery stores. If you stroll down the aisle, you'll see mineral water, spring/glacier water, distilled water, alkaline water, and more. Any of these will sate your thirst, but they're not all created equal.

### Your Guide to the World of Water

If you're on the hunt for the healthiest water available and cost isn't an issue, then mineral water (pulled from a mineral spring) is your best bet. According to Healthline, the minerals added to this water, like sulfur, magnesium, and calcium, can boost your health and improve your digestion.

Spring/glacier water isn't always filtered and can sometimes come with health risks. Alkaline water is risky, too, because it reduces the acidity of your

stomach and makes you more susceptible to illnesses, and too much will make you sick. Distilled water is safe to drink, but it doesn't have any beneficial minerals.

If your family can't afford to buy mineral water for daily use, tap water and well water are good affordable alternatives. However, they're both prone to contamination. Before drinking straight from the source, you should test your water for pollutants.

### Testing Your Tap

If you own or rent a home, you should get a Consumer Confidence Report on your tap water every year (or your landlord should!). This will show the levels of contaminants in your water. You can look for your report at EPA.gov/ccr, and if it's not there, call your water supplier or the Environmental Protection Agency's Safe Drinking Water Hotline (800-426-4791). If you use well water, reach out to a certified laboratory for testing. Simply head to EPA.gov/dwlabcert and click "Contact Information for Certification Programs and Certified Laboratories."

### When In Doubt, Filter It Out

If your tap water or well water is contaminated, you'll need to filter it. The cheapest way to do this is with a water filter pitcher or faucet-mounted filter, but you can also invest in a faucet-integrated filter or under-sink option. To learn more about these options and which one is right for you, visit **CDC.gov/healthywater/drinking/index.html**.



## TAKE A BREAK!



A MOMENT  
OF SILENCE  
BEFORE  
ALL THE  
RELATIVES  
ARRIVE



## EASY CRANBERRY-APPLE SALAD

Inspired by CookieAndKate.com



### INGREDIENTS

#### For the salad:

- 1/4 cup dried pumpkin seeds
- 5 cups salad mix
- 2 Granny Smith apples, chopped into bite-size pieces
- 1/3 cup dried cranberries
- 1/3 cup goat cheese, crumbled

#### For the dressing:

- 1/4 cup olive oil
- 1 1/2 tbsp apple cider vinegar
- 1 1/2 tsp honey
- 1 tsp Dijon mustard
- Salt and pepper to taste

### DIRECTIONS

1. In a skillet over medium heat, toast the pumpkin seeds until fragrant, then set aside.
2. In a small jar or bowl, whisk together all dressing ingredients, then set aside.
3. Combine all salad ingredients in a large bowl. Drizzle with dressing until lightly coated, then toss and serve!