

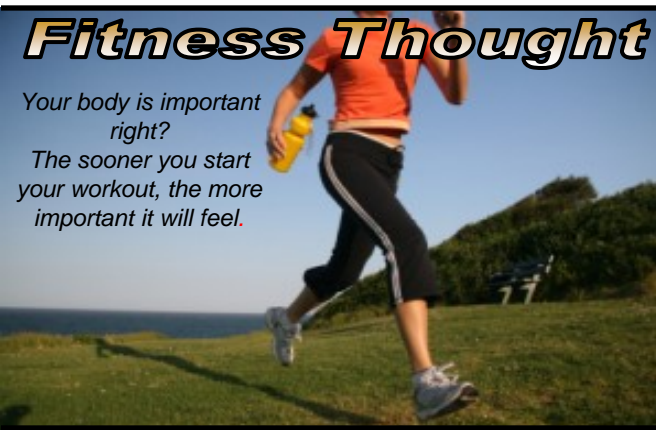


The VISIONS VIEW

Visions Physical Therapy prides itself in meeting the needs of the patient. Over the years, we have provided physical therapy services to a large number of people with a variety of problems limiting functionality. It is our primary goal to assist all of our patients in the highest quality of health care therapy services.

Mission Statement

Visions Physical Therapy exists to help people in need of physical therapy return to or improve their functional mobility thereby improving their quality of life. It is our endeavor to meet those needs through physical therapy, education and maintaining an atmosphere conducive to healing. Visions Physical Therapy stands on the principles that all men (and all patients) were created equal and should be treated as such regardless of race, creed, color, financial or social standing, or religious affiliation.



Fitness Thought

Your body is important right?
The sooner you start your workout, the more important it will feel.

Therapy 101 - Learn the Terminology

1. Opposition – The movement of the thumb across the palm, making direct contact with the tip of any of the fingers.
2. Good Posture – The state of muscular and skeletal balance which protects the supporting structures of the body against injury or progressive deformity irrespective of the attitude in which these structures are working or resting.
3. Malalignment – Displacement of a part of a body from a normal position.

Spotlight

Levon Hudson

Hometown: Canton, MS
Discipline: Receptionist (Canton Clinic)
Hobbies: Spending time with kids and friends, shopping, taking in a movie, going to church, and traveling
Words of Wisdom: Words spoken from the heart and filled with a powerful wish for someone's happiness can deeply touch that person's life and revive his or her spirit, becoming a source of life-long inspiration.



Susan Hoskins

Hometown: Pearl, MS
Discipline: Physical Therapist Assistant (PTA)
Hobbies: and timing local 5K's; Teaching Sunday School
Words of Wisdom: "Rejoice always; pray without ceasing; in everything give thanks; for this is God's will for you in Christ Jesus." -1 Thessalonians 5: 16-18



Testimonials



My visits to Visions Physical Therapy have really been worth my time. I received quality health care services with staff who expressed their concerns for my total healing. The results I experienced were beyond my expectations. -Kathy T.



In only six weeks I have already seen a vast improvement from where I began with a debilitating back injury. I would definitely recommend the staff of Visions Physical Therapy to anyone needing the special attention their rehabilitation requires. -Sean P.

From the Manager's Desk

March is National Nutrition Month. Now is the time to begin to really take a look at what you're putting in your body. We all can take a few more steps to eat healthier. You only have one body. What we do now will definitely dictate how healthy we are as older adults. I encourage you to take a stance. Eat right! Live healthy!

Terrence Kendrick, General Manager

In The Know



On Friday, February 26, 2010 Visions Physical Therapy had its official adoption ceremony with Callaway High School. A check for \$1,000.00 was also donated to the school, which will be an annual donation going forward. On that same day the entire 2010 Senior Class was



addressed by a panel of guests invited by Visions. The theme was centered around Black History Month, but students were still informed on various topics ranging from proper dress to college preparation, with the theme of



“Preparation + Dedication = Success”. The students were very attentive and appeared to be extremely receptive to the information they were given. Invited guests were Vincent Lewis, Eaton Aerospace; Aletha

Washington, Integrity Financial; James Wesby, West Pharmaceuticals; Kidadda Brown, Powell Middle School; Louis Newell, Visions Physical Therapy.

Word Search

A M U D D E N U C I I M
 N P A T N N I L D R T A
 E D T O D U O N I R A L
 R E C R E A T I O N E A
 O M R P T I O L R O R L
 W N S O T O G O A T I I
 E A R W E I R P L I L G
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 G O O D P O S T U R E M
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 D R I N K W A T E R G E
 W O R K O U T U O K W T

Drink Water
 Good Posture
 Malalignment

Opposition
 Recreation
 Workout

“Simple Sports Nutrition Tips”

Superior athletic ability comes from genetics and training. However, good food choices and the correct timing of meals may enhance performance. Here are some useful simple sports nutrition tips to help you gain that competitive edge.



Simple Nutrition Tip For Recreational Athletes

Eat Breakfast—The level of glycogen in your liver can be substantially lower in the morning after hours of sleep, so you need to refuel your body. It is ideal to choose food items which contain all 3 macronutrients (carbohydrates, protein and fat). For instance, fresh fruit with a yogurt or peanut butter dip, toast with eggs and low fat cheese, or whole grain cereals with milk.

3 - 4 hours before workout—Eat foods high in carbohydrates, such as pasta, breads, fruits and smoothies. Drink plenty of water or sport drinks.

1 hour before workout—Have a snack of an energy bar, a granola bar, 1/2 bagel, large banana, or 4 to 5 graham crackers. Drink at least 12 oz of sport drink (usually 1 swallow or gulp equals about 1 oz).

During Breaks or time-outs—Drink water or sport drinks during time-outs. A sport drink will also give you fuel and replace sodium that is lost through sweat.

After Workout—Drink ~ 24 oz (3 cups) of water or sports drink for every pound of body weight that you have lost while exercising. Therefore it is good to weigh yourself before and after workout. Also check the color of your urine for hydration status. (The more yellow in color the urine, the more likely that you are dehydrated). Make sure to eat something within 30 minutes of ending your workout.

The above are only general sports nutrition tips. If you are a professional athlete, or are involved in body building or more endurance training programs, please speak to a Registered Dietitian for a customized nutrition plan.

Gloria Tsang, RD (Health Castle)



LOCATIONS:

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Visit our website @ www.visionspt.com