



With an 86% clinical success rate in the relief of acute and chronic low back pain - with no surgery!

Find gentle, effective relief from herniated disks, spinal stenosis, sciatica, degenerative disk and joint diseases, facet syndromes and acute and chronic low back pain. ProRehab is the *only* provider in the area to offer this revolutionary program. Call **(701) 298-0065** today to schedule a free consultation to learn how the Lordex® Spine System can help you!



NEED the PERFECT holiday gift?

A relaxing **massage** from **Rejuvenations by ProRehab** is the perfect present for everyone on your list! **GIFT CERTIFICATES** available!

A REASON TO SMILE



The **temporomandibular joint (TMJ)** is located just forward of your ear and allows the jaw to open & close. Talking, chewing, swallowing and yawning—it is used more than any joint in the body! Symptoms of TMJ dysfunction are often debilitating and include pain when opening mouth, pain or ringing in the ears, clicking & popping in the jaw, neck pain or stiffness, locked jaw, facial muscle spasms and/or muscle tension headaches.

ProRehab's **Lynden Kurtz** specializes in treating these problems. If you or someone you love has been diagnosed with TMJ, TMD, or TM disorder and your condition has not improved, physical therapy may be your answer!

SNAP, CRACKLE, POP!

Why are we so noisy? Here are some snappy facts:

- "Cracking" your knuckles does not cause arthritis & even though it may annoy those around you, is not harmful.
- Intentional joint and knuckle cracking results from a negative pressure pulling nitrogen gas temporarily out of the joint.
- The "cracking" sounds, or "crepitus", that can accompany aging can be heard as tendons snap over tissues because of minor adjustments in their gliding paths.
- If the cracking is accompanied by pain, there could be underlying issues with the structure of the joint and may be a sign of arthritis, bursitis, or tendonitis.

If you have joint or knuckle pain, call us today for help!

SALUTA-'TIONS'!

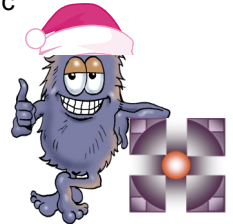
We've had quite a year at ProRehab! Here's just a few of the highlights:

ADDITIONS: Welcome to therapists Jennifer Rugg, PT, DPT, and Crystal Nelson, MS, OTR/L!

PROMOTION: Tina Fonder promoted to Office Manager!

INNOVATION: Vibration Therapy and Aquatic Therapy added to our therapeutic programs.

INTRODUCTION: ProRehab mascot, "U.R. Payne", made his splashy TV & radio debut!



CELEBRATION: Best wishes to Justin & Crystal Nelson, who were married this fall!

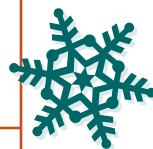
CONGRATULATIONS: Jennifer Rugg and her husband, Mory, on the new addition to their family, baby girl Julia Mary!

COMMUNICATION: ProRehab is now on Facebook & Twitter!

INSPIRATION: We are proud to be involved with the local chapters of the MS Society and The Arthritis Foundation and encourage you to help these great causes.

EDUCATION: We've been leading forums & seminars for the public and therapy training classes for colleagues.

From our families to yours, ProRehab wishes you a wonderful holiday season and a happy, healthy 2011!



"SNOW" BUSINESS

Winter is definitely here and it's the time of year that we see the most strains, sprains and pains! A few tips can help you 'stay in business' this winter!

- ◆ Warm up properly, just like with any other exercise.
- ◆ Start slowly, work at a steady pace and take frequent breaks.
- ◆ Choose a shovel with a curved handle and small, plastic blade. It will take the strain off of your back and lighten your load.
- ◆ Stand with your feet apart slightly and bend your knees as you lift. Twisting your body while lifting can cause injury. Your feet should point in the direction you are lifting and throwing the snow.
- ◆ Wear warm, supportive, non-skid boots to avoid twists and slips.
- ◆ Shovel often, even with light snowfall. This prevents icy driveways and sidewalks plus reduces back strain from large amounts of snow.
- ◆ Last but certainly not least! Please check with your physician to make sure shoveling is safe for you!

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