

## Spot Light On Staff



Turn to page 2 to learn about Agape Therapy's one and only Linda Hicks and what she can do for you!

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## Hydration: Drink Up!



Did you know fatigue, lethargy, headaches, and dizziness could be attributed to not getting enough water?

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## Step Into Good Health



Giving your feet a little TLC can have more benefits than you might think! Learn more about reflexology inside!

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## Hand Therapy: *A Hands On Approach*

You want your hand, wrist, forearm and elbow to be pain free and efficient in order to carry out all your daily living and work activities. After all, we do almost most everything with our hands and arms. Treatment of these areas is a specialized and diverse service due to the complexity of the structures that are all interrelated. Learn about the importance of a hands on approach to therapy.

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Linda Hicks  
Occupational Therapist

*Linda received her B.S. in Occupational Therapy and B.A in Psychology from St. Ambrose University and joined the Agape Team in 1997.*

Occupational Therapy involves the therapeutic use of work, self-care and play activities to increase independent function, enhance development, and prevent disability. It may include adaptation of task or environment to achieve maximum independence and to enhance the quality of life. Linda works one-on-one with you to develop a customized treatment program to improve your daily living skills and/or arm function.

In addition to programming geared toward improving daily living skills Linda specializes in Hand Therapy and Home Health.

## Hand Therapy (Continued)

The bones, muscles and tendons in the hand are in close proximity and often when one structure is injured or painful, others are also involved. Without all of these structures working in unison, we are not able to perform our day-to-day activities without various degrees of interference or limitations. At Agape Therapy, our hand specialists are trained to determine the source of the problem; the secondary effects and treat them with an individualized plan of care.

### How can Hand Therapy Help Me?

- Reducing inflammation and pain
- Influencing and minimizing scar formation
- Controlling edema or swelling
- Improving motion and flexibility
- Improving strength
- Improving fine motor and gross motor coordination
- Increasing functional use of your hand(s) and arm(s) for use in everyday activities

### Types of Diagnosis That Hand Therapists Treat:

- Fractures
- Tendonitis
- Tendon repair/surgery
- Arthritis
- General or specific strengthening
- Neuromuscular diseases
- Pain syndromes
- Ligament repair/surgery
- Joint contractures and limited mobility
- Pain management
- Reconstructions

For more information regarding hand therapy contact Agape Therapy at 319-277-3166



## WATER....

# Are You Getting Enough?

### Did You Know?

- 55-78% of your body weight is made up of water.
- By the time a person feels thirsty, the body has already lost over 1% of its total water amount.
- The weight a person loses after working out is weight from water and not fat.

Dehydration may be the cause of these potentially easy-to-fix issues. Lack of water can lead to dehydration, so whenever you are in doubt about these symptoms, drink a cup of water. It flushes out toxins, carries nutrients to cells, and helps carry out normal bodily functions.

Now, how much water should you be drinking per day in order to be adequately hydrated? The answer to that question varies among individuals and depends on many factors, such as one's health, how active a person is, and where they live. However, the Institute of Medicine sets this general guideline for total water intake: women should consume a total of 91 ounces (about 2.7 liters) per day and men should consume 125 ounces (about 3.7 liters). These totals include water from both food and drink, so to be on the safe side, there is an easy-to-remember rule you can follow in order to make sure you are properly hydrated. Drink *at least* eight 8-oz cups of water per day.

Another helpful way to determine if you are drinking enough water is to monitor the color of your urine. It should be fairly clear if you are well-hydrated. If it is dark yellow or orange, drink a couple of glasses of water and check again the next time you use the restroom.

### Reasons to Drink Water:

1. Water helps to maintain a healthy body weight by increasing metabolism and regulating appetite.
2. Dehydration causes fatigue. Water leads to increased energy levels.
3. For a majority of sufferers, drinking water can significantly reduce joint and/or back pain.
4. Water can prevent and alleviate headaches.

*Reflexology induces deep relaxation*, relieving tension held in the body. Doctors agree that a variety of health problems can be linked to stress. When the body is under stress, energy reserves are quickly depleted and less energy is available to fight infections or make repairs. When we are in a deeply relaxed state, the body's healing power is activated.

*Reflexology improves circulation*, the blood's capacity to carry vital nutrients where needed and remove toxins and waste products more efficiently. Stress affects our systems ability to remove toxins so that they don't function optimally. Reflexology has the effect of increasing the flow and movement of these systems by decreasing stress held in the body.

*Reflexology revitalizes energy*. Most of us complain from time to time of "low energy". It can appear as an inability to concentrate, a lack of motivation for things we usually enjoy or a physical feeling of tiredness. By opening up any blocked pathways in the body, we feel better about ourselves, renewed and in a better mood, both immediately after a treatment and for several days afterwards.

*Reflexology acts to reduce pain* by encouraging the body to create endorphins and the gentle pressure applied to the reflexes interrupts the pain cycle. Perhaps, the greatest benefit is reflexology's role as preventative health care.

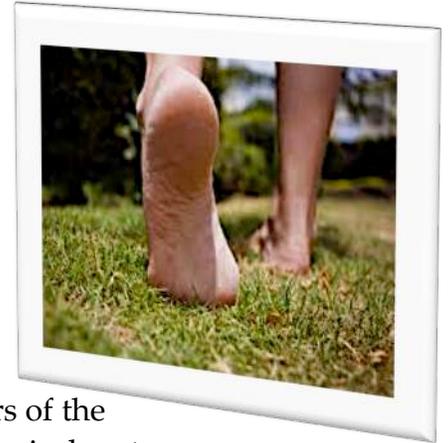
*Preventative health care* can save a lot of time, money and frustrations and maintain a good quality of life. The negative effects of emotions, attitudes, stress, lifestyle and improper eating can throw the body out of sync. If one part doesn't work properly the whole body suffers. Then the minor aches, pains and general fatigue that are often the forerunners of more serious complaints begin to show themselves.

## *Reflexology*

# Step Into Good Health

Reflexology (think foot massage) is an ancient healing art based on the principle that there are reflexes on the feet which correspond to every part, organ and gland of the body.

Reflexology relaxes and activates the healing powers of the body and balances the biological systems.



For a moment think of your body as a car. To get maximum use of your car you have to keep it in good working order. If a part isn't working right the whole car is affected. You can take it to the garage for a tune-up and even trade it in for a new one if the problem is serious. Reflexology is the equivalent of a tune-up for your body. Since you can't trade in your body for a new one, it makes sense to treat the one you have with as much care as possible.

Reflexology is unique and quite different from other forms of bodywork. It is based on the principle that there are reflexes in the feet (and hands) which correspond to every part, organ and gland of the body. Specific pressure is applied to precise reflex points activating the body's inherent healing power.

Reflexology is a safe and gentle treatment for any person of any age in any condition. This includes children, people confined to wheelchairs, pregnant women, to help ease the symptoms of the common cold or to provide comfort and reduce pain, as a complimentary therapy in the treatment of a complex illness or for those who already enjoy good health.

Go to our website [www.agapetherapy.com](http://www.agapetherapy.com) for more information about Reflexology at Agape Therapy

# Patient Communication



Agape Therapy



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319-277-3166 (Main Clinic)



The Side Road Newsletter



## Locations:

Main Clinic: 211 W 6<sup>th</sup> St. Cedar Falls

Waterloo Clinic: 927 W 4<sup>th</sup> St. Waterloo

The Den: 668 Main St. Dike

Key West, Black Hawk Village, Cedar Falls