

## Spot Light On Staff



Agape Therapy would like to welcome our new Wellness Specialist, Jess Rettig, to Agape. We are so excited to have her as part of the team!

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## Health Trap *Halloween*



**Halloween:** It's so fun to see kids outside walking from house to house in their cute princess and pirate outfits. But nutritionally and dentally speaking, the modern-day Halloween is kind of a disaster. Read more about the Halloween health trap and healthy ideas inside!

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## Patient Communication

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## *Dry Needling:*

### ON POINT WITH YOUR PAIN!

Dry needling is a procedure in which a tiny filament needle is inserted into the skin around or in a muscle tissue that causes pain in areas of the body. Chronic pain is often the source of some dysfunction, yet it is widely ignored by many health care providers. Our therapists assess our patients with a detailed and specific muscle examination to determine an individualized treatment plan for dry needling procedures. Agape's Physical Therapists Kristin and Jordan, are Certified in Integrative Dry Needling to better treat you.

What type of problems can be treated with dry needling? Dry needling can be used for a variety of musculoskeletal problems. Nerves are thought to be a primary contributing factor to the pain symptoms.

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Jess Rettig  
Wellness Specialist

Jess recently joined the Agape Team and will be working as a Wellness Specialist and helping at the front desk in Cedar Falls. She grew up on a farm near Dumont, Iowa and graduated from Hampton-Dumont High School. She went to college at Wartburg College in Waverly, where she enjoyed playing basketball at the college level. She graduated with a degree in Fitness Management and has worked the past 7 years at Mercy Hospital in Des Moines in the Cardiac and Pulmonary Rehabilitation and Health Promotion Department as a Cardio Pulmonary Specialist.

She and her husband recently moved to the Cedar Valley after living in Des Moines the past 10 years. Her husband, Taylor, works at Grainger in Waterloo and together they have a son, Roman, who is ten months old. She enjoys spending time with her family, biking, exercising, and watching sports. We are excited to have her so if you see her around make sure to tell her hi!

## Health Trap Halloween *It's Kind of Scary!*

The scariest thing about Halloween isn't the ghosts and goblins that appear on trick or treat night. It's the average 2.2lbs children gain gorging on the Halloween candy, according to a 7-year Colorado State study. Just two of those itty-bitty "fun-size" Snickers count as a serving size, and they contain 160 calories (8% of the standard daily allotment of 2,000) and 3 grams of saturated fat (15% of the daily limit of 20 grams, based on the 2,000-calorie-a-day limit). A regular Snickers bar contains 280 calories and 5 grams of saturated fat, so maybe the fun-size isn't so bad—except how realistic is it that children just have two?

The last thing the **average** American child needs these days is more calories. The CDC reported that the proportion of American kids who are obese is amazingly high: 10.4% of those ages 2 to 5 and 19.6% of those in the prime trick-or-treating years of 6 to 11.

As individuals we can work on making Halloween a bit healthier by the treats we choose to give out, and in turn can make a big difference in the "Health Trap" of Halloween. Here are some ideas:

- Dried Fruit/Fruit Snacks
- Popcorn/Pretzels
- Juice Box
- Granola/Breakfast Bars/Rice Crispy Treats
- Applesauce
- String Cheese
- Stickers
- Fake Tattoos
- String cheese and bagged pretzels
- Hot cocoa mix
- Microwave popcorn
- Trail mix
- Teddy-bear shaped, graham cookies
- Flavored, sugar-free bubble gum
- Glow-in-the-dark bracelets
- Crayons
- Sidewalk chalk
- Bubbles



## PIRIFORMIS STRETCH

Muscles Stretched: Glutes



### How to

- Lay on the floor on your back and cross the right ankle over the left knee
- Grip the thigh of your left leg and pull the knee towards you, lifting the foot off the floor
- Pull the knee further towards you to increase the stretch
- Hold for between 10 and 30 seconds and repeat a few times

Trainer Tip: If you cannot reach the back of your leg to pull in, use a long towel and wrap it around the back of your knee and use that for grip.

## Easy Home Made Apple Butter

Great with: Crackers, Toast, Bagels, Oatmeal, Pork chops, Sandwiches, Cottage Cheese!

### Ingredients

- 8 medium apples, (2 3/4 pounds), peeled, cored and quartered
- 2 cups unsweetened apple juice

### Preparation

1. Preheat oven to 450°F. Arrange apples in a large roasting pan. Pour apple juice over the apples. Bake until tender and lightly browned, about 30 minutes. Using a fork or potato masher, thoroughly mash the apples in the roasting pan.
2. Reduce oven temperature to 350°. Bake the apple puree, stirring occasionally, until very thick and deeply browned, 1 1/2 to 1 3/4 hours. Scrape into a bowl and let cool.



### Nutrition

**Per tablespoon:** 27 calories; 0 g fat (0 g sat, 0 g mono); 0 mg cholesterol; 7 g carbohydrates; 0 g protein; 1 g fiber; 0 mg sodium; 18 mg potassium.

# ***Dry Needling***

## ON POINT WITH YOUR PAIN

*What Types of problems can be treated Continued from page one:*

Such conditions include, but are not limited to:

- neck/back/shoulder pain
- tennis elbow
- carpal tunnel
- golfer's elbow
- tension headaches and migraines
- jaw pain
- sciatica
- hamstring strains
- calf tightness/spasms



Dry Needling focuses on the treatment of the nervous system which controls all of the soft tissues of our body.

**How does dry needling work?** There are mechanical and biochemical effects. Inserting a needle into certain areas can cause favorable biochemical changes, which assist in reducing pain.

**Is dry needling similar to acupuncture?** Dry Needling is not Acupuncture. Acupuncture address the energy system. Dry Needling addresses the nervous system. There are 3 groups of “points” that can be addressed to manage pain. The needles will be tapped into place either directly in the sore area or surrounding area. It’s a quick and very effective treatment.

**Is the procedure painful?** Most patients do not feel the insertion of the needle. It’s often hard to tell there is even a needle in your tissue. The local twitch response can elicit a very brief (less than a second) slight irritation response. Some patients describe this as a tiny electrical shock; others feel it more like a slight cramp sensation. Again, the therapeutic response occurs with the elicitation of local twitch responses and that is a good and desirable reaction.

**What can I expect after the treatment?** Results will vary person to person, but many of our patients have amazing results. Jordan (an Agape PT) stated, “I had a college student who had hip pain with intermittent “clicking” throughout the day and after one session of needling he said his hip felt pretty much normal and was ready to start playing basketball again.”

**Where does dry needling fit in the entire rehabilitation program?** Generally speaking, dry needling can be incorporated along with your therapy in the clinic. It doesn’t have to be though. Not everyone is right for dry needling. 10% of people don’t feel an effect; but that means 90% do! Ask your therapist if dry needling is right for you.

**Once I am feeling better, how often do I need to come back to maintain my progress?**

That depends on the extent of the issues and your state of health. You will likely notice pain relief right away. If you respond well then 4 visits will work, if you are less of a responder than it make take more like 16 visits.

For more information on Dry Needling call 277-3166 or go to [www.agapetherapy.com](http://www.agapetherapy.com)

We just want to thank you for choosing  
Agape Therapy.

We feel blessed to serve you and look forward to  
getting to our 30<sup>th</sup> Anniversary of serving  
The Cedar Valley!