



Get Moving: Country Roads Physical Therapy

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Being Thankful for Our Health

If you have health, you probably will be happy, and if you have health and happiness, you have all the wealth you need, even if it is not all you want."
-Elbert Hubbard

"Men that look no further than their out-sides, think health an appurtenance unto life, and quarrel with their constitutions for being sick; but I have examined the parts of man, and know upon what tender filaments that fabric hangs, do wonder that we are not always so; and considering the thousand doors to death, do thank my God that we can die but once."
-Thomas Browne

"Health and cheerfulness naturally beget each other."
-Joseph Addison

"Look to your health; and if you have it, praise God and value it next to conscience; for health is the second blessing that we mortals are capable of, a blessing money can't buy."
-Izaak Walton

Country Roads Combats Cold Weather Aches with Low Back Pain Screening

Old wives tale or reality, joint pain and cold weather seem to go hand-in-hand. The vicious combo makes holiday activities even more difficult for those who suffer from chronic back pain.

Low back pain affects 80 percent of people according to the North American Spine Society. Pain due to overuse and chronic conditions like arthritis are more painful in the cooler months when changing air pressure and cold air are felt by the nerves in joints.

Back pain costs the U.S. economy an estimated \$50 billion per year.

"Low back pain is affected...by the decrease in temperature and this is especially true when you have cold and damp weather. Understanding what is causing the pain can be the difference between something that can be corrected quickly or a more serious condition that would require more in-depth



Don't let the wishbone decide how you feel this winter

treatment," explains Country Roads Physical Therapy Owner Derek Falkenstein, P.T.

On Nov. 21 Country Roads Physical Therapy will host a low back pain screening to determine participants' source of pain and help them find realistic solutions.

The screening is \$25 for advanced registration and \$30 for walk-ins.

"No one wants to miss anything during the coming holidays and this is a great way to get moving again," said Country Roads Therapist Sara Lantz, DPT.

Patients and Staff Get Generous During Union Mission Food Drive

Country Roads patients and staff brought their bags and boxes of non-perishable food items till they over-flowed donation containers at both Country Roads East and West. Because of their generosity, 99 food items were brought to

the Union Mission Food Drive on Oct. 21.

The Union Mission has been located on Jefferson Avenue since 1937. They serve nearly 40,000 meals every year, provide everyday items to those in need, and provide a place to sleep for

almost 9,000 people.

Their need is endless. Country Roads Physical Therapy is glad to have made a small impact on this wonderful organization. Visit them at <http://wvrm.org> or call 304-363-0300 to find out what they need most.



Move Forward.
Physical Therapy Brings Motion to Life



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Life is worth living...Get moving

Mission

Country Roads Physical Therapy provides the highest quality outpatient physical therapy and rehabilitation services in Marion County. Through hometown service and a “hands-on” approach we improve the quality of life for all our patients.

Country Roads Physical Therapy opened in June 2006 by Derek Falkenstein, P.T., and Michael Barkley, DPT. They began the company with the sole purpose of providing their hometown of Fairmont, W.Va., and Marion County with quality physical therapy and rehabilitative care focusing on individualized manual therapy. They now have two facilities in Fairmont -- one on the East Side and one on the West Side. Both facilities are growing and expanding as demand for quality care increases.



Mountaineer Injury Report

Williams a Game-time Decision for WVU

By Brian Bennett, Reprinted from ESPN, *Big East Blog*

Source: http://espn.go.com/blog/bigeast/tag/_/name/reed-williams

It's been a painful season for Reed Williams, the West Virginia linebacker and one of the best defensive players in the Big East.

Williams missed time earlier this year with the turf toe and a foot injury, and has been playing through that of late. Now his troublesome shoulders, which required surgery after the 2007 season and forced him to miss most of last year, are acting up again. This time it's his left shoulder, which he hurt in the second half of the UConn win.

He won't be at full strength for Friday's game at South Florida, but could play.

"Reed is a game-time decision," head coach Bill Stewart said today. "Sometimes he gets nicked up and sometimes he doesn't. It just depends on how he hits it and when he hits it. He is good to go, but for how long I don't know."



Receiver Bradley Starks has been nursing a back injury but should be good to go this week, Stewart said.

"We need both Reed Williams and Bradley Starks in the lineup on Friday," he said.

Despite the Bulls' struggles in their last two games, West Virginia knows better than to take them lightly.

"They will get into a bowl," Stewart said. "They have got beat by the two best teams in the league, Cincinnati and Pitt, both ranked teams. South Florida is not out of the hunt and our players better know that before they get on the plane."