

The Galloway Therapy Newsletter



November is typically a month we spend remembering all the things for which to be thankful. We are thankful for each one of you! Thank you for allowing us to help you meet your physical therapy goals and to help bring restoration to the injury you sustained. #ResultsinRehabilitation.

Just a Reminder

Please pray with us for all those affected by the recent mass shootings in New York and in Texas.

In The News

In an effort to bring the most up to date news, we wanted to provide you with several links to articles that are hot topics right now and are relevant to our patients and referring physicians. We would love to get your thoughts and feedback on these articles.

Vist us on Social Media for updates, blogs, fun trivia, contests, and more!



CASUAL COOKING WITH JOHN

Check out John's Special
Roasted Brussel Sprouts Recipe

1 lb. Brussels sprouts, halved
2 tbsp. olive oil
kosher salt
Freshly ground black pepper
Flaky sea salt, for serving (optional)



Preheat oven to 425°. Use a large baking sheet, drizzle brussels sprouts with olive oil, salt and pepper. Toss until combined. Roast until the brussels sprouts are crispy on the outside and tender on the inside, about 25 minutes, shaking the pan halfway through. Sprinkle with flaky sea salt, if desired, and serve immediately.

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GALLOWAY THERAPY NEWS AND VIEWS...

Articles of Interest

Therapy Cap Breakthrough? Legislators Reach Bipartisan Agreement on Repeal

Help Patients Avoid the "Mask" – Physical Therapy for Pain Management

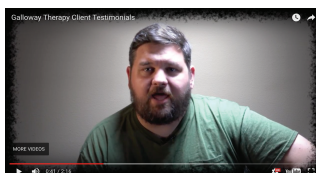
Physical Therapy for Degenerative Disc Disease

Types of Physical Therapy for Morton's Neuroma

Conditions, Injuries and Diseases Treated by Physical Therapists

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Happy Thanksgiving from the Galloway Therapy Team!



SCHEDULE YOUR APPOINTMENT TODAY

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