

Botsford pays tribute to physical therapy

As fall activities like leaf raking and football games swing into season, Botsford General Hospital is promoting the prevention of physical injuries with the second annual celebration of "National Physical Therapy Month" throughout the month of October.

The nationwide tribute, in conjunction with the American Physical Therapy Association (APTA), is designed to not only recognize the contributions physical therapy has made to the health of the nation, but more important, to heighten community awareness of injury prevention.

- Get help with heavy objects.
- Maintain good posture while driving: knees bent (equal or higher than your hips), back and neck well supported, both hands on the wheel with elbows slightly bent and relaxed.
 - Stand with your knees slightly bent and with one foot diagonally ahead of the other.
 - Avoid sleeping on a sagging mattress or with your neck propped up too high.
 - Sit with your back firmly supported against the back of your chair.
 - Take frequent mini-breaks to change your position from sitting.
 - Avoid carrying objects (baby, grocery, trash) off to one side; center weighty objects.

According to APTA, occupational injuries are the most preventable, and currently one-third of employees have corporate health programs that include safety and injury prevention.

Further, Foley said, one of the most preventable injuries to adults are pulled back muscles.

To help prevent back injuries, the hospital and APTA have created a set of guidelines for activities requiring extra strength or stressful back movement.

- Lift with knees bent and hips straight.
- Avoid twisting while lifting.
- Squat when you lift and keep your trunk in a vertical position.
- Push rather than pull objects.

For October, Botsford General Hospital, located on Grand River in Farmington Hills, has planned activities to help surrounding communities interested in learning more about physical therapy.

Please call 471-8738 for more information, or write for a free brochure to Physical Therapy, c/o Public Relations, APTA, P.O. Box 37257, Washington D.C. 20013.

Botsford General Hospital is a 356-bed Osteopathic teaching hospital serving Farmington Hills and surrounding communities.

Hills woman, another hurt in chase

Two women were injured and a man is at large after the armed robbery of a Redford Township store and a police chase Monday.

Barbara Krott, 37, of Farmington Hills, was treated and released, and Donna Anderson, 29, of Detroit, is listed in stable condition at Botsford General Hospital in Farmington Hills.

Both women were injured when a light blue 1989 Dodge Aries, driven by a man Redford police were chasing, struck the separate cars they were driving at about 10:15 p.m. Oct. 11.

Police said the robber is described as black, 5-foot-10, 170 pounds with short hair on the sides, a light complexion and a mustache. He was wearing a blue work shirt, dark pants and a denim jacket. He is in his late 20s or early 30s.

The man had robbed the Radio Shack on Telegraph in Redford while armed with a small blue steel pistol. He demanded money from the cash register and the clerk's wallet. He also



RUNALD POKRY

To the hospital: The victim is being transported to the hospital by Community EMS.

took some products from the store.

He drove north on Telegraph. The clerk called in a description of the car and driver to Redford police. A Redford officer heard the description over his radio and saw a car matching the description at Five Mile and Tele-

graph. The officer pulled up behind the car and turned on his flashing lights so that the driver would pull over.

The car stopped but then accelerated away from the officer who pursued and turned on his flashing lights and sirens. The collision occurred at

Grand River and Telegraph when the car hit the two cars, one driven by Krott and one by Anderson. The man fled the scene on foot and is still at large.

Krott and Anderson were taken to Botsford. Detroit police are investigating the accident.

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