

Better LIVING

THE OFFICIAL PUBLICATION OF DR. ROBERT MARINI AND JERSEY REHAB/PAIN MANAGEMENT

July 2013

Two of JR's finest voted Top Docs

The results are in - Dr. Robert Marini and Dr. Edwin Marini have been chosen as Top Docs for 2013 by their peers.

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Prevent Painful Summertime Injuries.

When the sun comes out, so do we, increasing the risks for all types of painful ailments.

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Summertime Facts

Little trivia tidbits about Summer that you will find interesting, as well as informative.

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JR Contact Info

Visit our website for all the important information you need, including descriptions of our procedures.

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Take Precautions to Prevent Painful Summertime Injuries

Thinking about an impromptu game of football? Baseball? Have you pulled your bike out of the garage yet? Or decided to start running now that the weather is nice again?



When the sun comes out, so do we, increasing the risks for a wide variety of painful ailments.

Unfortunately, it's a fact of life - although we love those warm sunny days, sports injuries and outdoor-related accidents increase significantly during the Summer months.

Every summer, the waiting room at Jersey Rehab fills up with patients complaining of pulled muscles, stretched tendons, bone spurs, spinal injuries, painful infections, bone fractures, toe sprains - the list seems endless.

This year, we thought we might suggest a few precautions to help you avoid injuries and create only happy summer memories.

- **Stretch.** You've heard it, read

it, but now you really need to DO it. Before you start to run - whether it's around the block or around the bases - stretch those muscles.

Touch your toes, reach for the sky, bend slowly back and forth at the waist in all directions. No one wants a hamstring pull or torn meniscus as they dive to pop the volleyball over the net.

Even the most avid exercise enthusiasts need to realize that summer beach fun uses different muscles and movements than their regular winter workout routine.

A few minutes of stretching can save you weeks of agonizing muscle tears, painful stretched tendons, disc injuries or inflamed sciatica.

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Voted Top Docs for 2013 by NJ Monthly Magazine



Robert A. Marini, M.D.



Edwin M. Gangemi, M.D.

Each year, New Jersey Monthly magazine hosts a search to find the Top Docs throughout New Jersey. To do this, they send a survey to nearly 23,000 providers and ask them very simply, "Who would you go to?" The physicians that garner the most responses earn the distinguished title of "Top Doc".

We are pleased to announce that for 2013, Jersey Rehab's own Dr. Marini and Dr. Gangemi have both been voted Top Docs in the Physical Medicine and Rehabilitation category. Be sure to pick up our copy of the September issue of the magazine to read the full profile.

The physicians at Jersey Rehab are on staff at St. Barnabas Medical Center and Clara Maass Medical Center for Pain, Electrodiagnostic Testing, and Physical Medicine and Rehabilitation Consults.

SUMMERTIME FACTS

✿ Baseball, which kicks off in the spring, is the most popular sport throughout the summer months.

✿ Summer Holidays include Memorial Day, Fourth of July, and Labor Day.

✿ The Dog Days of Summer refers to the weeks between July 3rd and August 11th. They are named after the Dog Star (Sirius) in the constellation of Canis Major.

✿ Mosquitoes, summer's pest, have been around for more than 30 million years.

✿ Watermelon is summer's most popular vegetable. It is part of the cucumber, pumpkin, and squash family. The average American eats 15 pounds of watermelon a year and these juicy favorites are 92 percent water.

✿ July is National Ice Cream Month. More Americans buy ice cream in July than any other month.

Summers spent throwing a Frisbee back and forth owe their game to a pie maker named Mr. Frisbee.

✿ August is the busiest month for travel and tourism.

✿ Summer movie season is considered the most popular time for audiences to watch films.

✿ Summer television used to be repeats only as Americans were typically outdoors during the summer. New programming was added to summer television line-ups beginning with 90210's special summer season of 1991, a network first.

Take Precautions to Prevent Summertime Injuries *(continued from Page 1)*

– **Protective clothing.** This is especially important during the summer sport season. Don't forget to wear that batting helmet - and your bike helmet for that matter! Protective clothing will reduce your risk of bruises, broken bones, burns and myriad of other ailments.



– **Proper Footwear.** We all love our flip flops, but not when there is a lot of walking or running involved - and especially not when you're using your lawn mower. Having the right sneakers or shoes is key in the prevention of fractures and common Summer foot injuries such as plantar fasciitis, toe sprains, and heel spurs. And if you're poolside, shoes help prevent slippery falls.

– **Look before you Leap - literally!** Spinal cord injuries are among the most devastating of diving board injuries. Make sure you dive into water that is, at the very least, 8 feet deep to avoid hitting your head. And if you do dive, remember that you need to push yourself far enough away from your diving surface to be sure you don't hurt yourself by jumping too close to the platform or boat ladder.

– **Get plenty of sleep and rest.** You may not realize it, but as you get progressively tired during the day, you increase your chances for falling and can decrease your alertness to hazardous situations. It's also important to hydrate your body in the warm weather - don't forget to drink, drink, drink. Water is always the best source for keeping your energy level up, but you can intersperse unsweetened iced tea or lemonade to change it up a bit.

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Call us today for an appointment or ask your doctor for a referral:

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