AUGUST 2026

Tip of the Month

STAY IN THE LOOP WITH UPDATES AND ANNOUNCEMENTS!

AT A GLANCE

- This month's topic is **Joint Protection!**
- Reach out to **Erika** for more information

Protect Your Joints!

Stay Safe, Stay Independent!

Healthy joints help you stay active and independent!

Try these joint-friendly habits:

- Use both hands when lifting heavier items
- Avoid twisting your body while carrying groceries or laundry
- Take breaks during chores to avoid overworking your joints
- Wear supportive shoes with good cushioning
- Stay active with low-impact exercises like walking or gentle stretching
- Keep good posture when sitting, standing, and using your electronice devices

Therapy Tip

Small changes in how you move each day can reduce joint strain, decrease discomfort, and make everyday activities easier.

Take care of your jointstoday so they can take care of you tomorrow!

Reach Out to Erika!

providenceplaceop@trinityrehab.net 336-908-5052

For questions, feedback, newsletter ideas or story contributions, email **providenceplaceop@trinityrehab.net** and we'll be in touch.