

## The First Step

Stay In Step SCI Recovery Center  
Newsletter  
Volume # 1, Fall 2018



## UPCOMING EVENTS

### 3RD ANNUAL Stay In Step Carnival

SATURDAY, SEPTEMBER 29, 2018

4121 N 50<sup>th</sup> Street

Tampa, FL 33610

Tickets \$135



9/13/18 @ 4 PM - Cocktail Social @ SIS

9/29/18 @ 7 PM - 3<sup>rd</sup> Annual Gala

#### CENTER CLOSINGS:

11/12/18 - Veterans Day

11/22-23 - Thanksgiving

12/24-25 - Christmas

12/31-1/1/19 - New Years

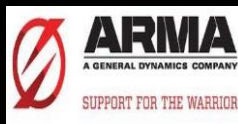
### Take Home Tips from Doc Beth

Got some free time? Try this easy movement! Simply have you or your caregiver rotate your hands and forearms inwards and outwards, holding for 5 to 10 seconds each time.



In technical terms, this is called *pronation* and *supination* of the hands (pictured above). Benefits of this exercise include improved circulation and range of motion!

### SIS Recognizes the Following Companies for Their Support:



### What are THOSE???



### Restorative Therapies: RT300 Functional Electrical Stimulation (FES) Cycle

More commonly referred to as "the 300" on the Stay in Step floor, this piece of equipment can provide therapy for upper extremities and lower extremities via a cycling technique. Electrical stimulation is typically used when clients are on this machine to help facilitate movement.



#### Why Stay In Step?

"I like helping people. It's a very motivating environment. I like pushing individuals to succeed even when the odds are against them."

#### Fun Fact

I do not know how to swim.

#### Family

Mom, Maitte and younger sister, Sarah

#### Hobby

I am an avid gamer.

#### Challenge Overcome

"When I first came to the US, I was 15 and there was a huge language and cultural barrier that made me insecure and shy. I feel that with practice, I have been able to overcome this in a way that I can interact and engage my clients better. It is an ongoing process."

#### Background

Vietnam Veteran 66'- 69'  
Retired from Post Office (33 years)

#### Injury

Arteriovenous Malformation

#### Your Why?

"I do therapy multiple times a week to stay healthy, so I can live longer."

#### Why Stay In Step?

"I have been coming to SIS for the past 3 years because of the state-of-the-art equipment that you cannot find anywhere, and because of the attitude of the people. They are encouraging and make it enjoyable to come to therapy."

