

# Jacksonville Orthopaedic Institute Rehabilitation

## Wellness Newsletter

June 2012

### Chicken Breasts with Mushroom Cream Sauce

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#### What You Will Need:

- 2 5-ounce boneless, skinless chicken breasts, trimmed and tenders removed
- 1/2 teaspoon freshly ground pepper
- 1/4 teaspoon salt
- 1 tablespoon canola oil
- 1 medium shallot, minced
- 1 cup thinly sliced shiitake mushroom caps
- 2 tablespoons dry vermouth, or dry white wine
- 1/4 cup reduced-sodium chicken broth
- 2 tablespoons heavy cream
- 2 tablespoons minced fresh chives, or scallion greens

#### Preparation

1. Season chicken with salt and pepper on both sides.
2. Heat oil in a medium skillet over medium heat. Add the chicken and cook 12-16 minutes, turning once or twice and adjusting the heat to prevent burning, until brown and an instant-read thermometer inserted into the thickest part registers 165°F. Transfer to a plate and tent with foil to keep warm.
3. Add shallots to the pan and cook, stirring until fragrant, about 30 seconds. Add mushrooms; cook, stirring occasionally, until tender, about 2 minutes. Pour in vermouth (or wine); simmer about 1 minute until almost evaporated, scraping up any browned bits. Pour in broth and cook 1-2 minutes until reduced by half. Stir in cream and chives (or scallions); return to a simmer. Return the chicken to the pan, turn to coat with sauce and cook about 1 minute until heated through.

Makes 2 servings

Active Time: 30 minutes

Total Time: 30 minutes

#### Nutrition

Per serving: 275 calories; 15 g fat (5 g sat, 7 g mono); 84 mg cholesterol; 5 g carbohydrates; 25 g protein; 1 g fiber; 373 mg sodium; 370 mg potassium.

Nutrition Bonus: Selenium (34% daily value)

Exclusive Sports Medicine Provider



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## JOI SPINE CENTER SERVICES

#### Laser - \$60 per visit

Our specially-trained clinicians now offer state-of-the-art deep-penetrating laser therapy. Treatment is typically given in a series, as it creates a change at the cellular level as damaged cells absorb the light's energy. These safe, pain-free, and quick treatments can result in quicker healing times and decreased pain, making it effective for a wide array of orthopaedic conditions, including arthritis, degenerative disc disease, muscle strains, muscle spasms, tendonitis and other overuse injuries. (Not typically covered by insurance)

#### Medical Massage - \$60 per visit

Our licensed Massage Therapists offer medically directed massage services, including those specifically designed to focus on soft tissue, spine-specific, and sports-related injuries.

#### Medical Acupuncture - \$80 per visit

Our Acupuncture Physicians offer appropriate treatment to support traditional therapy protocols. This treatment can be adjunct to traditional treatment of orthopaedic conditions, such as chronic neck and lower back pain, arthritis, sciatica and fibromyalgia. (Not typically covered by insurance)

**1 San Marco**

1325 San Marco Boulevard  
Suite 102  
Jacksonville, FL 32207  
P: 904.858.7045  
F: 904.858.7047

**2 North**

12961 North Main Street  
Suite 201 & 202  
Jacksonville, FL 32218  
P: 904.757.2474  
F: 904.757.5541

**3 Point Meadows**

(Gate Parkway & 9A)  
7740 Point Meadows Drive  
Suite 1 & 2  
Jacksonville, FL 32218  
P: 904.564.9594  
F: 904.564.9687

**4 Riverside**

4339 Roosevelt Boulevard  
Suite 300  
Jacksonville, FL 32210  
P: 904.389.8570  
F: 904.389.8599

**5 Beaches**

1577 Roberts Drive  
Suite 320  
Jacksonville Beach, FL 32250  
P: 904.247.3324  
F: 904.247.3926

**6 South/Spine Center**

14985 Old St. Augustine  
Road, Suite 106  
Jacksonville, FL 32258  
P: 904.288.9491  
F: 904.288.9698

**7 University**

5737 Barnhill Drive  
Building B, Suite 204  
Jacksonville, FL 32207  
P: 904.733.9948  
F: 904.733.9984

**8 Mandarin**

12276 San Jose Blvd  
Suite 716 & 717  
Jacksonville, FL 32223  
P: 904.288.9604  
F: 904.288.9643

**9 Fleming Island**

1845 Town Center Blvd  
Suite 410  
Fleming Island, FL 32003  
P: 904.621.0396  
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# Orthopedic Problems and Obesity

By: Laura Stinson, PT

It has been reported that obesity is on the rise in adults and children in the U.S. Data obtained from the National Health and Nutrition Examination Survey shows that 68.5% of men and women 20 years and older in the U.S. are overweight and almost 32% are obese. Most people know that obesity contributes to the development of coronary heart disease, diabetes, high blood pressure and colon cancer. Obesity is also a contributing factor to back pain and symptoms associated with osteoporosis, osteoarthritis, rheumatoid arthritis, degenerative disc disease, spinal stenosis and spondylolithesis. It has also been reported that being overweight or obese increases the risk of orthopedic complaints, such as tendonitis, bursitis, overuse syndromes and surgical complications.

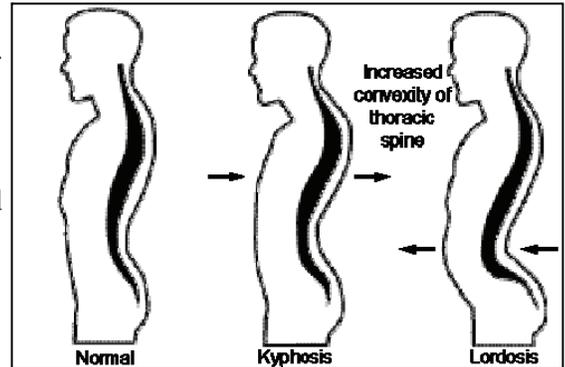
Lack of exercise leads to poor flexibility and weak muscles in the back, pelvis and thighs.

The result may cause an increase in the curve of the lower back and severe forward tilting of the pelvis. This type of posture increases stress on the lower back and may ultimately

weaken other areas of the spine, such as the neck, which may also become painful. A sedentary lifestyle and an unbalanced diet can affect the bone density or strength of the vertebrae that may increase the risk of compression fractures in the spine. Disability suffered by obese subjects appears most strongly related to lower body pains such as pain in the feet, knees, heel pain, and nagging lower back pain. Such conditions have been reported to have major negative impacts on quality of life measures among obese persons.

It is estimated that 63% of osteoarthritis in middle-aged women can be attributed to obesity. Current evidence suggests the increased risk of orthopedic ailments is more likely due to direct mechanical stress on the joint rather than metabolic factors. Almost all subjects losing significant weight report improvements in their level of energy, physical mobility, general mood, self-confidence and physical health. Studies following weight loss consistently show sustained improvements in physical function and reduction in pain. The major improvement in quality of living in people with the knee, ankle and foot pain supports the hypothesis that obesity causes or aggravates conditions producing these symptoms.

Data on weight loss as a treatment for osteoarthritis has shown that even small amounts of weight loss have favorable effects. A reduction in weight has been shown to slow the progression of knee osteoarthritis. Weight loss and exercise lead to improvements in pain, disability and performance in obese elderly people with established knee osteoarthritis.



## JOI SPINE CENTER GRAND OPENING

Appointment Line  
(904) 288-9491

Located at JOI Rehab, South  
14985 Old St. Augustine Rd.  
Suite 106  
Jacksonville, FL 32258

### SPECIAL OFFER!

For the month of June,  
we will be offering a 30-  
minute massage and one  
laser treatment for \$60.  
This offer is only valid at  
the JOI Rehabilitation  
Spine Center and requires  
a prescription.

