

## Golf Stretches

With summer weather in full swing, lots of people are hitting the links and enjoying some outdoor golf time. To stay loose and limber, try these few easy stretches before getting started. They can help stiffness and soreness and who knows... even improve your golf game!

### Stretching for Golf

Hold each stretch for 15-30 Seconds



## Did you know?

The Nittany Lion is the second most photographed landmark in Pennsylvania.

Bees sometimes sting other bees.



The first iPhone wasn't made by Apple.

A certain type of tick bite can make you allergic to red meat.

The longest English word is 189,819 letters long.

You only have two body parts that never stop growing.

## Hot Dog!



Does anything sound more like summer than a nice grilled hot dog? July 23rd is National Hot Dog Day and we can't think of a better way to celebrate than compiling some fun hot dog recipes for you to enjoy!

### Chicago Dog

Poppy Seed Bun  
Yellow Mustard  
Sweet Relish  
Chopped Onion  
Sliced Tomato  
Pickle Spear  
2 Sport Peppers  
Dash of Celery Salt

### Reuben Dog

Sauerkraut  
Swiss Cheese  
1000 Island Dressing

### Classic Chili Cheese Dog

Chili  
Sprinkle Cheese  
Chopped Onion  
Yellow Mustard

### Buffalo Style Dog

Bleu Cheese Crumbles  
Favorite Buffalo Sauce  
Diced Celery  
Ranch or Bleu Cheese Drizzle

[\\*Be sure to check out Gym Manager, Stephanie's summer recipe blog to find a dish to accompany your favorite hot dog!](#)



## TMJ Dysfunction

Although it can be difficult to determine the exact cause of a person's TMJ Disorder, there are common factors that are associated with the pain and discomfort people experience. Some of these include the most common one of clenching the jaw, stress factors, and even poor posture.

### Common Symptoms can include:

- Muscle Pain in the head, neck, shoulders, and jaw
- Headaches
- Limited opening of the jaw/mouth
- Vision Problems
- Tooth Pain
- Clicking sounds with jaw/mouth movements
- Ear Pain
- Dizziness

Refer to [AtlasTherapy.com/blog](https://atlastherapy.com/blog) to watch our Physical Therapist, Pam Mitchell provide exercises and techniques to manage TMJ symptoms at home!

