



### Atlas Therapy Mobile Rehabilitation Opens!

Atlas Therapy is now able to meet you for your therapy sessions whenever and wherever you would like! Atlas Therapy Mobile Rehabilitation (ATMR) was launched with the vision of bringing the quality service of our outpatient clinics to you. With ATMR's one-on-one care, you can expect the best physical therapy services to help aid you in reaching your personal goals. We will listen to you and assess your individual needs in order to develop the best quality, comprehensive plan of care. Learn more about ATMR on our website at: [www.atlastherapy.com/mobile-rehabilitation](http://www.atlastherapy.com/mobile-rehabilitation), or contact us by email or phone.



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### Simple Life Hacks That Could Make Your Life So Much Easier:

No time to iron? Throw a few ice cubes or a wet washcloth in the dryer with your wrinkled clothes. As the ice melts and the water turns to steam, it will remove the wrinkles.

Have a lot of fires in your fireplace? Stuff empty toilet paper tubes with dryer lint. Dryer lint "logs" light quickly and easily burn long enough to light up the kindling.

Dribble paint on carpet? Pour some denatured alcohol onto a rag and scrub away the paint. Use a rag that is as close in color to the carpet, as the alcohol can transfer some of the rag's color to the carpet.

Shatter a glass on the floor? Tape the front of a dustpan to the floor with blue painters tape, it will seal and cover the gap between the floor and your pan. This way you make sure to get even the smallest shards of glass.

Accidentally use permanent marker instead of dry erase? Draw over the permanent marker with a dry erase marker, and then wipe the marks away with an eraser or dry cloth. Your dry erase board will be good as new!



## March 1st is National Peanut Butter Lovers Day!

### Healthier Peanut Butter Cups:

#### Chocolate Layer

1 cup chocolate chips (use dairy-free for vegan cups)\*

1 Tablespoon melted coconut oil

#### Peanut Butter Layer

1/2 cup natural peanut butter

1/4 cup honey (use maple syrup for vegan cups)

2 Tablespoons melted coconut oil  
pinch of sea salt (if peanut butter isn't salted)

• Line a muffin tin with paper liners • Melt chocolate chips and coconut oil for 1 minute in the microwave, continue until melted and smooth • Using a spoon, pour chocolate (about 1-2 tsp) to cover the bottom of the liner. Place into freezer for about 5-10 minutes for this to set. • In another bowl, add peanut butter, honey, coconut oil and sea salt (if using). Microwave for about 15-20 seconds or until mixture is slightly melted and pourable. Stir to combine. • Pour peanut butter mixture evenly over chocolate. Place back in the freezer to set for about 5 minutes. • Pour remaining chocolate over each cup, enough to completely cover the peanut butter layer. Sprinkle flaked sea salt on top of the chocolate if you want! • Place tin back in the freezer for about 30 minutes to an hour to set completely. Remove from freezer and store in the refrigerator until ready to serve.

\*Because these peanut butter cups are made with coconut oil, they must be stored in the fridge or freezer or they will melt

## Fixing Your Work Posture

A healthy posture helps us stand, walk, sit, and lie in positions that place the least strain on supporting muscles and ligaments. It also allows our muscles to work more efficiently, during movement and weight-bearing activities.

Poor posture and poor movement patterns can lead to excessive strain on our postural muscles. It may even cause them to relax when held in certain positions for long periods of time. This can place more stress in other areas of the body, ultimately leading to injury or chronic pain patterns.



Healthy Posture



Poor Posture

For more tips, visit: <https://www.atlastherapy.com/blog/post/fixing-your-work-posture>