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**MIDLAND SPORTS REHAB – CLOSING OUT 2025 STRONG**

# HOLIDAY EDITION





# ALL TOO COMMON HOLIDAY INJURIES

## PREVENT HOLIDAY INJURIES THIS SEASON

**December** Newsletter from Midland Sports Rehab, and the Midland Stretch Center.

### HOLIDAY INJURIES

The holiday season is a time for celebration, travel, and gathering with loved ones—but it's also one of the most common times for injuries. From slipping on icy walkways to straining muscles while decorating, many holiday injuries happen during everyday activities we don't usually think twice about. Cold weather can tighten muscles and joints, while busy schedules and fatigue make people more prone to accidents. Added travel, crowded stores, and unfamiliar sleeping arrangements can further increase the risk of falls, sprains, and flare-ups of chronic pain.

### PREPARE YOUR BODY

One of the most effective ways to prevent holiday injuries is to prepare your body and environment ahead of time:

- Wear weather-appropriate clothing and shoes with good traction to reduce the risk of slips and falls.
- Use proper lifting techniques when handling decorations, gifts, or luggage—bend at the knees, keep items close to your body, and avoid twisting.
- Warm up before physical activity, such as shoveling snow, standing for long periods while cooking, or carrying heavy items.
- Take extra caution on stairs, icy walkways, and uneven surfaces, especially when visibility is limited.

### PRIORITIZE YOUR HEALTH

Preventive care also plays an important role in staying injury-free throughout the holidays. Regular movement, stretching, and maintaining strength can help your body handle increased activity and travel demands. Addressing minor aches early prevents them from becoming more serious problems during an already busy time of year. By prioritizing your health, pacing yourself, and being mindful of safety, you can enjoy the holiday season comfortably and focus on what matters most—celebrating without setbacks.

### USE YOUR BENEFITS

As the year moves forward and the weather begins to cool, it's the perfect time to prioritize your health and make the most of your insurance benefits. Many patients have already met their deductibles, allowing you to start or continue chronic pain relief and preventive care with little to no out-of-pocket cost. Don't wait—using your benefits now helps maintain consistent care, reduces seasonal stiffness or injury risk, and keeps chronic pain well managed before the year comes to a close.

"Our team provides personalized preventive care to help you stay active, reduce injury risk, and maintain strength and resilience throughout the colder months".



# metabolic balance

## Exciting News! Transform Your Health with Metabolic Balance

We are thrilled to share some exciting news with you. Midland Sports Rehab is now offering this amazing new program, Metabolic Balance®! Dr. Jeff and Kristin Berard will be coaching our clients through this nutrition, weight-loss, and management program, which is entirely food-based.

Metabolic Balance® is an internationally renowned program designed to help you take control of your health and well-being through a personalized nutrition plan tailored to your unique body chemistry. This program isn't about quick fixes or fad diets; it's about creating lasting balance in your body and a healthier lifestyle that works for YOU.

### What Makes Metabolic Balance® So Powerful?

- Personalized Plans: Your nutrition plan is based on YOUR specific blood values and health profile.
- Sustainable Results: No counting calories or cutting entire food groups, just wholesome, nutrient-dense meals.
- Balanced Hormones: Say goodbye to sugar cravings, fatigue, and mood swings by giving your body what it truly needs.
- Expert Guidance: As your certified coaches, we will support you throughout this journey!

### Ready to Get Started?

We would love to give you a chance to view this video [Metabolic Balance Introduction Webinar](#), presented by Dr. Jeff Berard, which will explain the Metabolic Balance® program, and download the information guide [Metabolic Balance Info Guide](#) which will help you decide if this is the right fit for you. Then, click this course link to get access to the Prep Course immediately and get started on the paperwork right away. You will need to call the clinic and pay over the phone or in person to proceed to the next step of ordering your blood work which the [Metabolic Balance Client Prep Course](#). will guide you through. Let's work together to create a healthier, happier, and more vibrant YOU.





## **A NEW PARTNERSHIP TO BETTER SERVE YOU!**

Dear Trusted Patients,

We are excited to share that Midland Sports Rehab and Active Orthopedics Physical Therapy have officially joined together through a strategic partnership. This merger allows us to expand services, enhance coordination, and continue providing the high-quality, personalized care you rely on.

### **What This Means for You**

Your care continues as usual.

- Your appointments, treatment plan, and provider will not change.
- Our mission and values remain the same—providing compassionate, individualized care for every patient.

### **Enhanced Benefits for Our Patients**

Our partnership brings several new advantages designed to improve convenience, access, and quality of care:

- **More Locations:** Enjoy greater flexibility and convenience with access to multiple physical therapy sites across the region.
- **Highly Skilled Clinicians:** Our combined team includes expert therapists with extensive experience in orthopedics, sports medicine, post-operative rehabilitation, and more.
- **Integrated Care Approach:** By combining our resources, we offer broader treatment options and seamless coordination between providers.
- **Advanced Technology & Services:** Patients will benefit from new treatment tools, expanded specialty services, and a stronger clinical support network.

### **New Provider Announcement**

We are pleased to announce that Dr. Jeff Berard, Certified Chiropractic Sports Practitioner, will begin treating patients at the Active Orthopedics Physical Therapy location starting January 1st, 2026. His expertise and leadership will further enhance the care available at this location.

### **Thank You for Trusting Us**

We are committed to making this transition smooth and ensuring you continue to receive the exceptional care you deserve.

If you have any questions, our team is always here to help!

#### **Midland Sports Rehab**

4710 Eastman Ave, Midland, MI 48640  
(989) 341-1070

#### **Active Orthopedics Physical Therapy**

317 E Wackerly St, Midland, MI 48642  
(989) 832-9300





## USE IT BEFORE YOU LOSE IT!

If you've met your insurance deductible this year, congratulations! You've unlocked your insurance potential by reaching your annual deductible! Now, it's time to make the most of your insurance and prioritize your health.

Our clinic is here to help you make the most of your coverage and ensure that you receive the best possible care. We'll work with you to create a customized treatment plan that meets your specific needs.

And best of all, with your deductible already met, there's no need to worry about large out-of-pocket expenses! HSA/FSA accounts can be used for ALL services too! So don't wait any longer, give us a call and let's go into 2026 strong together.

## NEW YEARS DESSERT

### Ingredients (makes ~24 bites):

- ½ cup melted semisweet chocolate
- 1¼ cups pomegranate seeds

### How to make:

Line a mini muffin tin with liners.

Put 2 tsp melted chocolate in each cup.

Sprinkle pomegranate seeds on top and drizzle extra chocolate.

Chill in the fridge until set (about 20 mins).

Perfect sweet + tart little bites that are healthy and cute on a party board!





# PURCHASE A GIFT CARD FOR NEW YEARS



GIFT CARDS ARE AVAILABLE FOR IN-STORE PURCHASE

## DOG DAYS!

**GOOSE,  
MIDLAND SPORTS REHAB**

**MURPHY,  
ACTIVE ORTHOPEDICS**

