



INJURY CARE FAMILY CARE RESEARCH

Current Studies

Knee Osteoarthritis

Sciatic Nerve Pain

Herniated Disc

Chronic Constipation

Opioid Withdrawal

Urinary Tract Infection **NEW**



Letter from the Director

Hello Study Participants and Friends,

For the past few months as I sit down to write these letters I feel like the world gets heavier and heavier and I'm tasked with trying to find a way to find a bright light in the darkness. We've sure been given a lot to deal with this year and it looks like it will continue for awhile. In times like this I choose to focus on gratitude and all the little things I enjoy in my life. As I type this I'm sitting and watching my 10 year old daughter's softball practice. Man do I enjoy watching her play! During her practice there is a lot of learning going on. A lot of mistakes being made. So much uncertainty as they are trying to figure out "where the play is" efficiently and making a decision is often met with attempting to throw the ball one place and then realizing it should have gone somewhere else... with their coach yelling out the correction.

It's hard not to draw the comparison to how we're trying to learn and make decisions about how we should handle COVID-19. How we should learn and help people of color in our community. There are mistakes being made. There is indecision and uncertainty. There is a lot of commentary and yelling. When possible, I'm trying to be grateful for the lessons this very difficult year is teaching me... is teaching us all. It's tough now but, like the 10 year olds I'm watching practice now, they're learning. They're getting better. Let's make sure we also take this year to learn and get better. Let's take the 4th of July to celebrate these lessons and how great our country is when we work as a team to become better.

Much Love,

Jill

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APPLYTOPARTICIPATE:

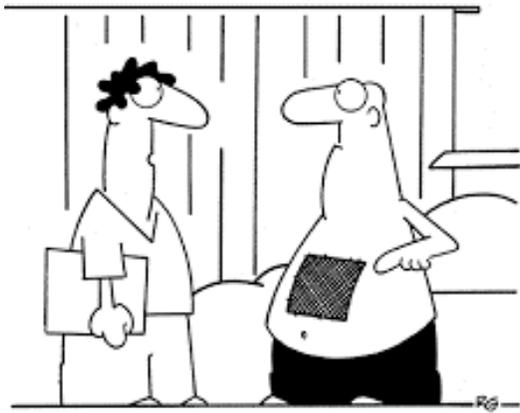
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InjuryCareResearch.com

Did you know?

Did you know the fourth Sunday in July each year is designated as National Parent's Day?

This year it falls on July 26th and serves as a day that we take the time to recognize the parental figures in our lives. After *ahem* 40+ years I've never heard of or celebrated this day. BUT when most of American parents saw their final months of school close and them becoming teachers to their children I have a strong vote to bring this day to the forefront. We, and the parents that taught us, deserve another day for a pat on the back and an extra hug from our kiddos. Set the laundry aside and head to the park.



"Most surgeons sew, but knitting relaxes me."

EMPLOYEE HIGHLIGHT

We want to take this time to highlight one of our staff members many of you may have met if you have participated in a clinical research study. Dr. Richard Radnovich has been our lead Principal Investigator since 2010 when we first started Injury Care Research. He also serves as our Medical Director and both a Principal Investigator and Sub-Investigator for Family Care Research. He is Board Certified in Sports Medicine, Family Medicine and Osteopathic manipulation. Dr Radnovich is a nationally known instructor, researcher, author and expert on soft tissue injuries, pain management, and injection techniques.

Clinical research is another way that Dr. Radnovich can provide better care for his clinic patients and can stay at the forefront of the latest treatments in pain medicine and family practice. When he's not working (which is rarely) he enjoys skiing, rafting and running in these beautiful Idaho mountains.



Rosemary Shortbread Cookies

Rosemary is a rich source of antioxidants and anti-inflammatory compounds, which are thought to help boost the immune system and improve blood circulation.

INGREDIENTS

- 1 ½ cups unsalted butter
- 2/3 cup white sugar
- 2 tbs chopped fresh rosemary
- 2 ¾ cups all-purpose flour
- ¼ tsp salt
- 2 tsp white sugar for decoration
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INSTRUCTIONS

In a medium bowl, cream together the butter and 2/3 cup of sugar until light and fluffy. Stir in the flour salt and rosemary until well blended. The dough will be somewhat soft. Cover and refrigerate for 1 hour.

Preheat the oven to 375 degrees F. Line cookie sheets with parchment paper.

On a lightly floured surface, roll the dough out to 1/4 inch thickness. Cut into rectangles 1 1/2x2 inches in size. Place cookies 1 inch apart on the lined cookie sheets. Sprinkle the remaining sugar over the tops.

Bake for 8 minutes in the preheated oven, or until golden at the edges. Cool on wire racks, and store in an airtight container at room temperature.