



Current Studies

Acute Low Back Pain

Hot Flash

Gout

Post Surgical Nerve Pain

Psoriasis

Knee Osteoarthritis

Ankle Osteoarthritis **new**

Chronic Low Back Pain **new**



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www.InjuryCareResearch.com

Letter from the Director

We have a lot of fun and exciting new developments here and Family Care Research and Injury Care Research and it's about time we give some updates. Earlier this year we decided to consolidate locations so Family Care Research and Injury Care Research are now both located at our location at the corner of Eagle Road and McMillan. While we loved the two locations, we didn't love the drive between the two. Commuting in Boise is getting a bit more time consuming than in past years.

We've also lost some fantastic staff members to new opportunities, and we wish them the absolute best. We'll miss them but are so excited about their new adventures. What that means is that we've been blessed to welcome two new staff members that you may see if you come in for a visit. We're happy to welcome Traci Dykes and Liam Williams to our team.

Finally, we are renovating! So, please excuse our mess for this month. There's always room for improvement and, in this case, we're adding 5 new exam rooms! It'll be a bit hectic for us as anyone who has lived through a renovation may know. We appreciate your patience and are excited for you to see the new digs at the end of this month!

Warm regards,
Jill

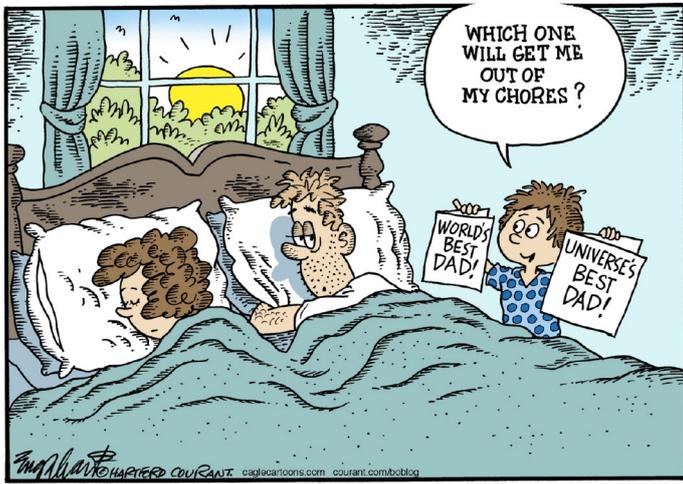
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Did You Know?

Flag Day is celebrated on June 14th to commemorate the adoption of the flag of the United States on June 14th 1777 by resolution of the Second Continental Congress, in the midst of the Revolutionary War. The origins of the Stars and Stripes have become part of American folklore. Although many people believe that Betsy Ross designed the first flag, there is no true proof of this. However, records do indicate that she made ensigns and pennants for the Philadelphia navy during the war.

<https://www.thereisadayforthat.com/holidays/usa/national-flag-day-us>



Awareness Month

PTSD AWARENESS MONTH

June is National Post-Traumatic Stress Disorder Awareness Month and is intended to raise public awareness about issues related to PTSD, reduce the stigma associated with PTSD, and help ensure that those suffering from the invisible wounds of trauma receive proper treatment.

It's normal to have upsetting memories, feel on edge, or have trouble sleeping after a traumatic event. At first, it may be hard to do daily activities you are used to doing, like go to work, go to school, or spend time with people you care about. But most people start to feel better after a few weeks or months. For some people, PTSD symptoms may start later, or they may come and go over time. If it's been longer than a few months and thoughts and feelings from the trauma are upsetting you or causing problems in your life, you may have PTSD.

Trauma-focused Psychotherapy treatments use different techniques to help you process your traumatic experience. Everyone with PTSD needs to know that treatments really do work and can lead to a better quality of life.

For more information and resources visit:

<https://www.ptsd.va.gov/understand/awareness/index.asp>



CHERRY BARS

From: <https://www.tasteofhome.com/recipes/cherry-bars/>

INGREDIENTS:

- 1 cup butter, softened
- 2 cups sugar
- 1 teaspoon salt
- 4 large eggs, room temperature
- 1 teaspoon vanilla extract
- 1/4 teaspoon almond extract
- 3 cups all-purpose flour
- 2 cans (21 ounces each) cherry pie filling

Glaze:

- 1 cup confectioners' sugar
- 1/2 teaspoon vanilla extract
- 1/2 teaspoon almond extract
- 2 to 3 tablespoons 2% milk

DIRECTIONS:

- Preheat oven to 350°. In a large bowl, cream butter, sugar and salt until light and fluffy, 5-7 minutes. Add eggs, 1 at a time, beating well after each addition. Beat in extracts. Gradually add flour.
- Spread 3 cups dough into a greased 15x10x1-in. baking pan. Spread with pie filling. Drop remaining dough by teaspoonfuls over filling. Bake 35-40 minutes or until golden brown. Cool completely in pan on a wire rack.
- In a small bowl, mix confectioners' sugar, extracts and enough milk to reach desired consistency; drizzle over top.