



Current Studies

Sciatic Nerve Pain

Urinary Tract Infection

Gout

Post Surgical Nerve Pain

Psoriasis **new**

Knee Osteoarthritis **new**

Hot Flash **new**

Acute Low Back Pain **new**



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Letter from the Director

Spring is officially here! Many people link Spring with new beginnings and a fresh start. I know I always enjoy getting out in my yard on these new, warmer days and doing some spring cleanup. Opening the windows and getting some fresh air in the house is also always a welcomed way to renew. I've determined this will be a great time to refresh and renew more than just my house and yard, though.

After two years of being shut down and closed off, I've found myself with less hobbies and group activities. Heck, even the happy hour with friends on Thursday evenings went away as well. What are some activities you're looking at restarting? Or, what activities are you interested in trying for the first time? Don't laugh, but I keep hearing all about this Pickle Ball and I'm really itching to look into it a bit more. It seems like it would meet my criteria of fun: active, outside and gives me the ability to meet new people.

Never be afraid to try something new, because life gets boring when you stay within the limits of what you already know. Let's not only jump into spring but into a new adventure as well.

Warm regards,
Jill

“

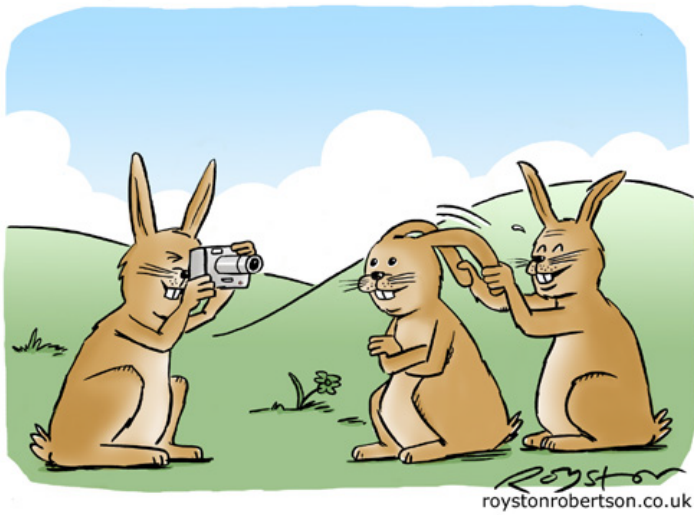
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Did You Know?

On April 6, 1896, the Olympic Games, a long-lost tradition of ancient Greece, are reborn in Athens 1,500 years after being banned by Roman Emperor Theodosius I. At the opening of the Athens Games, King Georgios I of Greece and a crowd of 60,000 spectators welcomed athletes from 13 nations to the international competition. The track-and-field events were held at the Panathenaic Stadium, which was originally built in 330 B.C. and restored for the 1896 Games.

<https://www.history.com/this-day-in-history/first-modern-olympic-games>



Awareness Month

STRESS AWARENESS MONTH

Stress plays a major role in our everyday lives, yet we seldom talk about it. Finding the energy and courage to speak out during a stressful period can feel impossible, but ignoring stress can lead to a whole host of health problems including heart disease, diabetes, and gastrointestinal problems among others.

Sponsored by The Health Resource Network (HRN), National Stress Awareness Month is an annual campaign that began back in 1992 and has taken place every April since.

If you experience stress in your own life - like most of us do - or you know other people who are stressed, you should take the time to make a positive change. This could include keeping a journal, exercising and even simply talking with your friends about what is causing you stress. Seeking professional help and support is also recommended if you feel your mental and even physical health is being affected.

Stress Awareness Month is an opportunity to start some serious conversations about stress, but you shouldn't stop talking about it when April has come and gone.

For more information and resources visit:

<https://www.dnaweekly.com/blog/stress-awareness-month/>



Black Pepper Chicken Stir-Fry

From: <https://www.tasteofhome.com/recipes/black-pepper-chicken-stir-fry/>

INGREDIENTS:

- 1/2 cup reduced-sodium soy sauce
- 1 tablespoon honey
- 3/4 teaspoon coarsely ground pepper
- 3/4 teaspoon garlic powder
- 1/2 teaspoon ground ginger
- 1/2 teaspoon ground turmeric
- 1/2 teaspoon curry powder
- 1/2 cup cornstarch
- 1-1/2 pounds boneless skinless chicken thighs, cubed
- 1/4 cup canola oil, divided
- 1 large onion, chopped
- Minced fresh cilantro and thinly sliced green onions

DIRECTIONS:

- In a small bowl, combine the first seven ingredients. Place cornstarch in a large bowl. Add chicken in batches; tossing to coat. In a large skillet, heat 2 tablespoons oil over medium-high heat. Add chicken; cook and stir until no longer pink, 8-10 minutes. Remove and keep warm.
- Stir-fry onion in remaining oil until tender. Stir soy sauce mixture and add to pan. Bring to a boil; cook and stir 1-2 minutes or until sauce is thickened. Return chicken to pan; heat through. Top with cilantro and green onions.

NUTRITION FACTS:

1/2 CUP: 324 calories, 18g fat (3g saturated fat), 76mg cholesterol, 832mg sodium, 17g carbohydrate (4g sugars, 1g fiber), 23g protein.