



Current Studies

Acute Low Back Pain

Degenerative Disc Disease

Knee Osteoarthritis

Ankle Osteoarthritis

Post-Surgical Nerve Pain

Gout



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Letter from the Director

I'm sure you are over this wintery weather and cold breeze. Unlike others, I on the other hand continue to enjoy this winter weather with the cold days to come. It's February and I'm still kicking snow off the ground. I am not used to the snow and boy can I tell you that I have learned a few things. During the last snowfall we had, I learned that water soft pellets do no good

for the icy sidewalks. I should have read the description of the bag but was so excited to get back to the clinic to be able to spread this salt melt onto our sidewalks. It wasn't until I opened the bag that I realized and said "This is not what I needed" Thanks to the friendly Albertsons employee, I now know all the different types of salt melt available to us and their beneficial uses. Road salt or sodium chloride works by lowering the freezing point of water, causing ice to melt even when the temperature is below the water's normal freezing point of 32 degrees. When applying salt, you are preventing the buildup of ice, it breaks the bond between the pavement or concrete and the ice for easier removal and the prevention of ice and snow build-up.

As we continue with this winter weather in the Treasure Valley, we want to remind everyone to take extra care when navigating the icy sidewalks. It is important to wear proper footwear and to use caution when walking to ensure your safety. The Boise city department of transportation is working hard to keep the sidewalks as safe as possible, but please be aware that some areas may still be slippery.

On another note, thank you for taking the time to read our newsletters, and wish you a happy Valentine's Day. We hope that you spend the best of time with your cupid.

Warm regards,
Victor Capetillo

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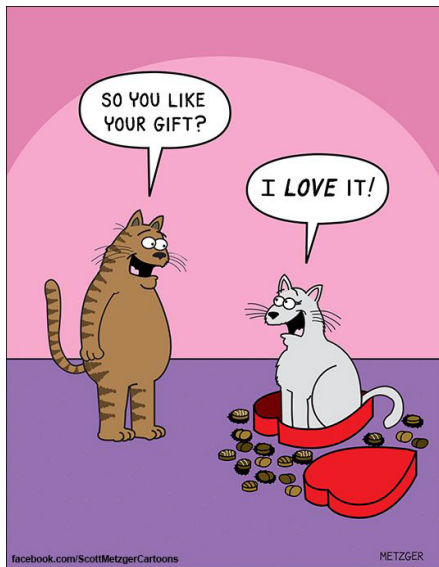
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Did You Know?

The Super Bowl has served as the final game of every NFL season since 1966, replacing the NFL Championship Game. Since 2022, the game is played on the second Sunday in February. Prior Super Bowls were played on Sundays in early to mid-January from 1967 to 1978, late January from 1979 to 2003, and the first Sunday of February from 2004 to 2021. Winning teams are awarded the Vince Lombardi Trophy, named for the coach who won the first two Super Bowls.

https://en.wikipedia.org/wiki/Super_Bowl



Awareness Month

National Human Relations Month is an annual celebration that is observed every February. It celebrates the noble values of social justice, equality, and diversity that support human relationships. The celebrations are observed by workplaces and universities that are entrusted with the responsibility of fair and equal representation of all communities. You can celebrate the month by raising awareness, getting your organization to observe the celebration and more..

National Human Relations Month celebrates unity in diversity. This is the month to cherish our uniqueness and how these elements make us stronger for the better and carry the learnings from the month to the rest of the year. Workplaces celebrate National Human Relations Month as a way to acknowledge the various identities and representations at the organization. If you work in the Human Resource team at an organization, this is a great time to take cognizance of workplace diversity and how you can make the organization more inclusive.

For more information and resources visit:
<https://nationaltoday.com/human-relations-month>



CHOCOLATE COVERED STRAWBERRY BROWNIES

From:

<https://www.closetcooking.com/chocolate-cover-strawberry-brownies/>

INGREDIENTS:

- 1/2 cup (1 stick) butter
- 8 ounces semi-sweet chocolate, coarsely chopped
- 3/4 cup granulated sugar
- 2 large eggs
- 1 teaspoon vanilla extract
- 1/2 cup all-purpose flour
- 1 tablespoon baking powder
- 1/4 teaspoon salt
- 1 pound strawberries, sliced
- 8 ounces semi-sweet chocolate, coarsely chopped

DIRECTIONS:

- Melt the chocolate into the butter in a sauce pan over medium heat and let cool.
- Mix the sugar into the eggs along with the vanilla extract
- Sift the flour, baking powder and salt.
- Mix the melted chocolate into the egg mixture followed by the flour mixture.
- Pour the batter into a grease (optionally foil lined) 8 inch baking pan and bake in a preheated 350F/180C oven until a toothpick pushed into the center comes out clean, about 20-25 minutes.
- Sprinkle the strawberries on top of the brownies.
- Melt the chocolate over medium-low heat on the stove or in a microwave, pour it over the strawberries and let cool until the chocolate is set, about 30-60 minutes.

NUTRITION FACTS: Calories 456, Cholesterol 68mg, Fat 26g (Saturated 15g, Trans 0.3g), Sodium 209mg, Carbs 58g (Fiber 4g, Sugars 46g), Protein 4g