

Marilyn M. Kutzscher, M.D.

# PATIENT NEWSLETTER



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### An Angelic Exercise 🙏

One might say you have a good head on your shoulders, or you might act like you have a chip on your shoulder. Have you ever given someone a shoulder to cry on or have cried on someone's shoulders? Maybe you've rubbed shoulders with someone when an opportunity arose.

No matter the phrase, idiom, or saying, your actual shoulders are an important part of your mobility and independence. They are one of the parts of the body we take for granted until it's too late, and all of a sudden, driving is a pain, lifting groceries feels impossible, and completing daily tasks becomes a dread.

**One exercise that might be your saving grace is halos.** Halos offer multiple benefits, including improving shoulder mobility and strength, while simultaneously working the muscles that support your upper back and engaging your forearms. They are also good for thoracic spine mobility, which helps with posture. Which now brings up a good side note to check yourself right now... Does your current posture resemble a cooked shrimp?

**So how do you perform this angelic exercise?** Begin with a 5-10 pound weight, preferably a kettlebell as they are often easier to hold given the motion you will be completing. If you don't have a kettlebell, dumbbells or weight plates also work. Complete 5 rotations clockwise and 5 rotations counterclockwise - then wait a day to see how your shoulders feel. If your shoulders feel up for it after this test, bump up the reps to 10 rotations each side, completing 2-3 sets.

**Need step-by-step instructions?** Here is a "How to perform halos" guide published by [Harvard Health](#):

#### How to Perform Halos

1. Stand with your feet shoulder-width apart.
2. Hold a kettlebell by the handle with both hands, bringing it to chest level.
3. Keep your elbows slightly bent and your core engaged. Relax your shoulders.
4. Lift the kettlebell above your head, then slowly begin moving the kettlebell in a circular motion around your head, keeping your chest lifted and your back straight.
5. Move the kettlebell in a complete circle around your head in a clockwise direction, ensuring it stays close to your head but does not touch it.
6. Perform the movement in a smooth and fluid motion.
7. Once you've completed a full circle, pause for a second, and repeat the movement until you've completed up to 10 rotations.
8. Repeat in a counterclockwise direction up to 10 times.

If your shoulder mobility and strength are a concern, [schedule an appointment](#) with Dr. Kutzscher to help get to the root cause of your problem.

Need help getting started with adding exercises to your routine? Dr. Kutzscher and our entire team are here to help you get motivated and stay motivated.

#### We can provide you with:

- Information on how to get started
- Reasons why being a healthy weight will improve your overall health
- Exercise plans
- Initial and one follow-up visits to registered nutritionists in the Community Health Resource Center
- Short-term medication, if needed
- Regular check-ins at the office for weight and blood pressure monitoring

Schedule an Appointment Today



## Digital Health

Dr. Kutzscher and her team understand the ever-changing environment of healthcare and put modern medicine and traditional care at the forefront of their values. For this reason, **telemedicine visits by phone or video are available to Dr. Kutzscher's patients.**

If you can believe it, telemedicine was first used in 1959 by clinicians at the University of Nebraska, but has since increased 766% in part due to the COVID-19 pandemic, according to the [National Institutes of Health](#).

**The goal of telemedicine** includes increasing healthcare accessibility to those who may have difficulties attending appointments in person whether affected by geographical barriers, having a lack of transportation, poor physical health, or keeping others safe from possible infectious diseases like COVID-19.

Have you ever felt so sick that you have no idea how you're going to get yourself out of bed, let alone to the doctor's office? **A telemedicine appointment can be scheduled and completed from right where you're sitting.**

While some things may be out of your control, you'll want to ensure you are in an environment with minimal distractions for your telehealth appointment. If opting in for a video call, be conscious of what will show up in the background of the video. For both a phone and video call, background noise can be a huge factor in the quality of your appointment. Find a space with as minimal background noise as possible.

Telemedicine has come a long way since 1959. Dr. Kutzscher and her team are proud to offer telemedicine visits by phone or video. Need a telemedicine appointment? Dr. Kutzscher and her team are here to help.

[Schedule Telemedicine Appointment](#)



## Yes, Even in 2025, COVID-19 Vaccines are STILL Important

As you plan your vaccines this fall in preparation for respiratory illness season and other common winter illnesses, don't forget the COVID-19 vaccine.

Although it may feel like the threat has passed – especially without constant news coverage or public health mandates – **COVID-19 remains a risk** and vaccine protection decreases over time. Staying up to date with your 2024–2025 COVID-19 vaccine is an important step in protecting yourself and your community.

“The 2024–2025 COVID-19 vaccines more closely target the JN.1 lineage of the Omicron variant. 2024–2025 COVID-19 vaccines are updated to give you the best protection from the currently circulating strains.” - [CDC](#)

If getting vaccinated by your pharmacist, take the one being offered to you. Getting the COVID-19 vaccine is especially important for those aged 65 and older as well as for others who may be immunocompromised. Even still, the [CDC recommends the COVID-19 vaccine](#) for most adults over 18 years old. Parents of children ages 6 months to 17 years or patients with other health issues can discuss the benefits of the COVID-19 vaccine with Dr. Kutzscher.

[Schedule an Appointment Today](#)

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