



PROGRESS IN MOTION

# Telesis Physical Therapy

## Spring 2016

## Employee Spotlight

*In the latest Employee Spotlight, we shine the light on Cara Rademaker, PT, DPT. Here, we get to learn a little more about this physical therapy extraordinaire. Her passions, her hobbies – it's all here in this quick Q&A!*

### How did you get interested in Physical Therapy?

I didn't know what I wanted to do right out of high school, so I took a career development course in high school. After taking some personality tests, I had a list of potential careers that would be a good fit for me. Physical therapy stood out. I did research on the growth and demand of the field, shadowed a local physical therapist, and thought that it would be something I would enjoy. I have always been interested in how the body works, and to be able to help people get back to their normal function is a great fit for me.

### What is your favorite part of your job?

My favorite part of my job is being able to interact with so many different people who have such a variety of pathologies and levels of function. My day is never boring, not for one second. And of course, when someone starts their therapy and is so limited with so

much pain, and they are so grateful to be able to get back to work or back to their hobbies – it's such a great feeling.

### What advice would you have for a Physical Therapy hopeful trying to get into graduate school?

My advice to someone trying to go to graduate school is to go to a good school that isn't really expensive. I went to Chapman University and, while they have a great physical therapy program and I am so grateful for the education that I got, I also have a lot of student loan debt.

### What is your favorite thing to do outside of work?

My favorite thing to do outside of work is to spend time with my son, Connor, and my husband, Tim. Connor is 19 months old and loves to be outside! Whether we go to the park, the beach, or just explore in the backyard, we always have a blast with him.



Pictured: Cara Rademaker, PT, DPT with Anne, Physical Therapy Aide

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### NEW TO TELESIS



#### Anyssa Cabral

When not hard at work as a Physical Therapy Aide, Anyssa can be found studying Exercise Science at California Lutheran University.



#### Shelby Glasser

Shelby joins the Telesis team from Thousand Oaks High School where she's wrapping up her studies before heading to San Diego State University to study Kinesiology.

## Good Eats

*Nolan Nonaka, MetabolicRX lead, specially chose this recipe from MyRecipes.com because of its variety of proteins and vegetables. Try it out!*

### Artichoke and Goat Cheese-Stuffed Chicken

#### Ingredients

- 1/2 cup Italian-seasoned breadcrumbs
  - 1/2 cup (2 ounces) crumbled goat cheese
  - 1/4 cup chopped fresh basil
  - 6 canned artichoke hearts, rinsed, drained, and chopped
  - 1 red bell pepper, bottled, roasted, rinsed, drained, and chopped
  - 4 (6-ounce) skinless, boneless chicken breast halves
  - 1/8 teaspoon salt
  - 1/4 teaspoon freshly ground black pepper, divided
  - 3 quarts water
  - 6 cups mixed baby greens
  - 1 1/2 tablespoons fresh lemon juice
  - 1 1/2 teaspoons extra virgin olive oil
- Combine first 5 ingredients in a medium bowl; stir until well blended.

Slice each breast half lengthwise, cutting to, but not through, other side. Open halves, laying breast flat. Place each breast half between 2 sheets of heavy-duty plastic wrap; pound to 1/4-inch thickness using a meat mallet or small heavy skillet. Sprinkle chicken with salt and 1/8 teaspoon pepper.

Divide artichoke mixture into 4 equal portions; spoon each portion down center of each breast half, leaving a 1/2-inch border at each end. Fold sides over filling.

Place a 2-foot-long sheet of heavy-duty plastic wrap on a work surface with 1 long side hanging over the counter's edge 2 inches. Place a stuffed breast half, seam side down, on the end farthest from you; tightly roll the chicken toward you, jelly-roll fashion. Twist the ends in opposite directions to form a cylinder. Tie plastic wrap in tight knots against the chicken on each end. Trim off excess wrap close to the knots. Place a second 2-foot-long sheet of heavy-duty plastic wrap on the work surface; place rolled chicken on wrap, and repeat procedure. Repeat with remaining breast halves.

Bring 3 quarts water to a boil in a large stockpot; add chicken. Simmer 15 minutes (do not boil), turning occasionally. Remove from water, and let stand 10 minutes before unwrapping and cutting into 1/2-inch-thick slices.

Combine greens, juice, olive oil, and remaining 1/8 teaspoon pepper in a large bowl; toss well. Place about 1 cup greens mixture on each of 4 plates. Top each serving with 1 chicken breast half.

### CONTACT US!

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