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Select Physical Therapy is Proud to Offer Blood Flow Restriction Therapy (BFR)

SEPTEMBER 29TH 2020 BY DEE LOFLIN

Select Physical Therapy is Proud to Offer Blood Flow Restriction Therapy (BFR)

Dexter, MO - Injury, age or poor physical condition can prevent you from gaining muscle mass. Personalized blood flow restriction (PBFR) is a form of rehabilitation that increases strength with low intensity exercise that puts less stress on your joints.

How does it work?

A licensed and trained physical or occupational therapist places a cuff around your limb during exercise. The cuff is attached to a compression pump (similar to that used to take blood pressure) that causes it to inflate, keeping the blood in the muscle and temporarily preventing its flow from the area.

A personalized pressure reading is performed to ensure safe training. The amount of pressure applied will depend on your physical condition, strengthening needs and therapy goals.

A session can last anywhere from six to 30 minutes. During that time, you will perform various exercises, including strength training and aerobic conditioning.

What are the benefits?

As your muscles relax and contract during the exercises, the device maintains constant pressure, enabling:

- Fewer exercise repetitions
- Use of lighter weights
- Enhanced muscle growth
- Overall strength gains

PBFR training may help:

- Increase muscle size (hypertrophy) and strength
- Improve cardiovascular capacity
- Decrease joint/tissue stress

Who are good candidates?

PBFR can expedite and bridge the gap between rehabilitation and recovery with training and performance. It has been shown to be beneficial for:

- Athletes
- Individuals with limited or restricted mobility
- Post-operative rehabilitation patients or those dealing with pain issues
- Patients seeking pre-surgical strengthening

At Select Physical Therapy, we are proud to provide the care you need either in our centers or virtually via telerehab. During these times, we are taking extensive preventative measures – guided by the CDC, state and local government – to protect you and our staff. For in-center care we have screening protocols, hand hygiene, disinfecting and mask requirements in place.

Contact Select Physical Therapy to learn more 573-624-6405

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Bella Bean Boutique Ribbon Cutting

SEPTEMBER 23RD 2020 BY DEE LOFLIN

Bella Bean Boutique Ribbon Cutting

Dexter, MO - Bella Bean Boutique celebrated its grand opening with a ribbon cutting on Thursday, September 17, 2020.

They are located at 221 N. Walnut St. Phone number is (573) 614-7623 and their hours are Monday - Friday 10 a.m. - 5 p.m.

Pictured from left are Leah Sok, Dexter major Jason Banken, Holden Bruce, Dexter Chamber President Matt Ternes, Brandon Mitchell, Austin Seabaugh, Tori Seabaugh, Rosa Cortez, Bella Bean Boutique owner Tim Smith and Heather Foster, Braxton Foster, Andrew Davis, Brittney Hanner holding Kahlani London, Jenny Brown, and Dexter Chamber First Vice President Cecil Haley.

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Show Me Rent-to-Own New Location Ribbon Cutting

SEPTEMBER 23RD 2020 BY DEE LOFLIN

Show Me Rent-to-Own New Location Ribbon Cutting

Dexter, MO - Show-Me-Rent-To-Own celebrated their new location opening with a ribbon cutting on Friday, September 18, 2020. The new location is 1521 W. Bus 60 next to Orscheln.

Hours are Monday - Thursday from 10 a.m. - 6 p.m., Friday 10 a.m. - 7 p.m. and Saturday 9 a.m. - 5 p.m.

Call 573-624-9954 or order online at www.showme-RTO.com

Pictured from left are: Dexter Chamber of Commerce Executive Director Alisha Trammell, Chamber First Vice President Cecil Haley, Lea Jenkins with the Dexter Chamber of Commerce, Ethon Ivy with Show-Me-Rent-To-Own, Dale Wilkinson with Show-Me-Rent-To-Own, Jason Ivy with Show-Me-Rent-To-Own, Dexter City Administrator Mark Stidham and Dexter Mayor Jason Banken.

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Welcome Home PV2 Alexander Townsend

SEPTEMBER 04TH 2020 BY DEE LOFLIN

Welcome Home PV2 Alexander Townsend

Dexter, Missouri - It's not every day that you have an opportunity to tell someone thank you for your service. If you get a chance to speak to this young man, please don't miss the opportunity to say thank you for your bravery, thank you for serving, and thank you for being a local hero. It takes a tremendous amount of courage to enlist and serve our great nation.

PV2 Alexander Townsend enlisted in the Missouri National Guard in March 2020 just as COVID-19 pandemic hit the United States. He completed his Basic Training and has now

returned home for his senior year at Dexter High School.

He is currently on the Bearcat football and competes in wrestling and track. He is a member of FBLA (Future Business Leaders of America) and upon graduation in May 2021 will attend Advanced Individual Training before leaving for college.

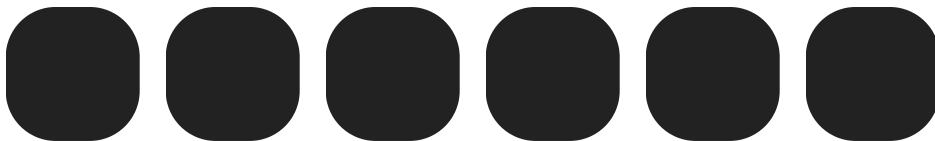
He is the son of Julana Jameson

His parents would like to welcome home PV2 Townsend. "We are proud of you and can't wait to see what your future holds."

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Ribbon Cutting Held for La Cascada Authentic Mexican Restaurant in Bernie

Ribbon Cutting Held for La Cascada Authentic Mexican Restaurant in Bernie

Bernie, MO - The Waterfall opened in Bernie today!!

A grand opening ribbon cutting was held on Wednesday, August 26, 2020 for La Cascada Authentic Mexican Restaurant in Bernie.

The new restaurant is located at 309 South Walnut St. and are open 7 days a week from 10 a.m. - 10 p.m.

Owners are Manuel and Dominga Anastacio.

They have a very large menu to choose from including appetizers, soups, fajitas, nachos, quesadillas, burritos, chimichangas, seafood, salads, tacos, and so much more!!

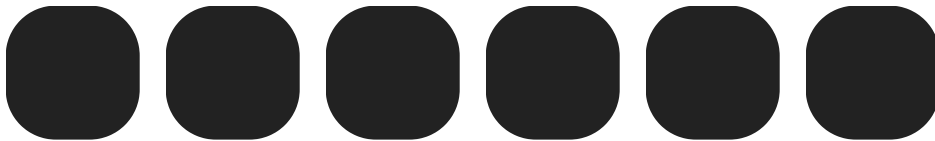
Enjoy eating outside as well under umbrellas. You may dine in as there is plenty of seating available along with flat screen tvs and beautiful decor'. There is also a drive-thru.

To order call 573-293-3250 and enjoy some authentic Mexican food!!

LAST UPDATED ON AUGUST 26TH 2020 BY DEE LOFLIN

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