

# ROSA® KNEE ROBOTIC TECHNOLOGY

*Coryell Health Orthopedic Surgical Robot*  
*Improving Patient Care - Enhancing Lives*

*You're unique, and so is your individual anatomy. That's why Coryell Health is proud to offer the **first Robotic Total Knee Replacement** system, using xray technology, in Central Texas. ROSA, which stands for Robotic Surgical Assistant, is designed to help your specially trained surgeon tailor the placement of your knee implant just for you.*



**Lance A. Ellis, D.O.**  
*Orthopedic & Orthopedic Spine Clinics:*  
Copperas Cove, Comanche, Fairfield, Gatesville, Glen Rose, Waco



**Jake Battle, MD**  
*Orthopedic & Sports Medicine Clinics:*  
Clifton, Gatesville, Waco



*Call us with questions at (254) 865-2166 or visit [CoryellHealth.org/orthorobot](http://CoryellHealth.org/orthorobot)*



**WHERE YOU ALWAYS  
FEEL AT HOME**

1507 W. Main St. | Gatesville, TX  
(254) 865-2166 | [CoryellHealth.org](http://CoryellHealth.org)



## Avoid injury during workouts

Any time is a great time to get in shape. People with more time on their hands due to stay-at-home restrictions may want to begin an exercise regimen right away.

When proper form is followed, exercise can be highly effective. However, failing to exercise properly can result in injuries that sidetrack fitness plans.

Exercise is a significant component of a healthy lifestyle. The U.S. Surgeon General, the Institute of Medicine, the American Heart Association, and the American College of Sports Medicine all say that daily physical activity is necessary, but recommendations from these groups vary in regard to how much exercise is best. Harvard Medical School says most people should aim for at least 30 minutes of moderate exercise or 15 minutes of intense exercise a day. As important as duration of exercise can be, proper form is a must. The following are some ways to avoid injury while exercising.

- Consult with your doctor. Speak with a doctor before beginning an exercise regimen, especially if it has been some time since you last exercised. A physician will tell you if there are certain workouts or activities you should avoid, or give you a green light. Discuss exercise each time you get a physical.

- Consider a personal trainer. Many people do not know where to start their exercise journeys. A personal trainer can help you begin safely and structure a fitness plan that becomes more challenging as your body acclimates to exercise. Personal trainers also can hold you accountable. Many trainers work independently and may offer guidance remotely through services like Skype, FaceTime or Zoom.

- Begin slowly. Harvard Medical School experts say that sprains, muscle strains, tendinitis, knee injuries, and rotator cuff tears are some of the more common exercise- and sports-related injuries. Slowly wading into the water and building up intensity gradually can help prevent some of these injuries. Choosing non-impact exercises, such as swimming, or using an elliptical machine, can be helpful if you have a preexisting condition like arthritis or osteoporosis or a history of injury.

- Warm up. Don't start workouts cold. Spend several minutes stretching and gradually increasing your heart rate.

- Exercise caution when lifting weights. Get instructed on the proper form for lifting weights, as there is a risk for serious injury when not following form. Spotters are key when lifting heavy weights or if you're jittery after an intense routine. Ask a friend or family member to spot you any time you're doing strength training. This can prevent injuries and emergencies.

Novices need to learn the ropes when they begin to exercise for the first time or after a long pause in physical activity.

# Easy ways to keep your immune system strong

The immune system is a powerful component of the human body. The immune system recognizes when viruses, bacteria and other foreign invaders enter or compromise the body, and then takes action to prevent illnesses from taking over.

The immune system is a powerful component of the human body. The immune system recognizes when viruses, bacteria and other foreign invaders enter or compromise the body, and then takes action to prevent illnesses from taking over. The average person can help his or her immune system do its job more effectively by making the immune system as strong as it can be.

Harvard Medical School says that diet, exercise, age, and psychological stress may affect immune system response. Certain lifestyle choices can promote a strong immune system.

- Get adequate sleep. Doctors believe sleep and immunity are closely tied. A study of 164 healthy adults published by the National Institutes of Health found those who slept fewer than six hours each night were more likely to catch a cold than people who slept for more than six hours. Aim for adequate rest each night to keep your body in top form.

- Increase your intake of fruits and vegetables. Fruits and vegetables supply the powerhouse antioxidants that are essential for protecting a body against free radicals. Free radicals may play a role in heart disease, cancer and other diseases. Serve fruits and/or vegetables with every meal to ensure you're getting enough antioxidant-rich foods.

- Consume fiber and fermented foods. Fiber can help feed the gut microbiome, which is linked to a robust immune system. The microbiome also may prevent harmful pathogens from entering the body through the digestive tract. Data also suggests that eating more fermented foods can further strengthen and populate healthy bacteria in the gut.

- Exercise regularly. Aim for 30 minutes of moderate exercise per day, advises the American Heart Association. Thirty minutes of exercise each day can go a long way toward keeping the body healthy. The U.S. National Library

of Medicine says physical activity may help flush bacteria out of the lungs and airways. Exercise causes changes in antibodies and white blood cells. These antibodies and white blood cells circulate rapidly, so they may detect illnesses earlier than they would if you do not exercise. Body temperature also rises during exercise, which could naturally prevent bacteria from growing.

- Try to minimize stress. According to Simply Psychology, when people are stressed, the immune system's ability to fight off antigens is reduced, making people more susceptible to infections. The stress hormone corticosteroid can suppress the effectiveness of the immune system. Limiting stress through meditation and breathing exercises, or trying to remove stressors from one's life, may help.

A healthy immune system is vital to fending off or recovering from illness.



## Banking for the way you live.



800-285-2216 | [www.mcbanktx.com](http://www.mcbanktx.com) | NMLS #442123

- Agriculture & farm loans
- Small business banking
- Real estate loans
- Personal banking
- Mobile & convenience banking

EQUAL HOUSING LENDER Member FDIC