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PAW-SOME ADVENTURES GEAR UP YOUR PUP FOR A HIKING ADVENTURE

Setting out on a hiking adventure with your furry friend is a rewarding experience, but ensuring their safety and comfort on the trail requires careful consideration of essential gear. Before heading out, consider your dog's unique needs and preferences so it's an enjoyable and bonding adventure for you both. Here's an introduction to some must-have hiking gear for your canine companion.

FOOD AND WATER

One of the most important aspects of hiking is staying well-nourished and hydrated. Packing more water than you think may be necessary is crucial, especially on a trail where natural water sources may be scarce. An ample supply of dog-friendly food is also essential, with the quantity adjusted based on the hike's duration. A collapsible bowl will be handy for feeding your canine companion during breaks.

FIRST-AID KIT

Safety should always come first. A dog first-aid kit is indispensable for addressing unexpected issues on the trail. These compact kits typically include dressings, bandages, and tools for removing ticks or thorns. Being prepared for minor injuries ensures you can safely complete the hike without making any injury worse.



BOOTS

While some dogs may resist wearing boots, they can be a lifesaver in challenging terrains. Opt for boots that protect without compromising comfort. Though you likely may avoid trails with terrain that could harm your dog's paws, having boots in your pack is, at least, a proactive measure for unforeseen circumstances, ensuring your canine companion's paws are protected if needed.

WASTE BAGS

Be responsible out on the trail. That means bringing poop bags. Attach them to the outside of your backpack or tote bag for convenient access once your dog has completed its business. The "leave no trace" practice will help maintain the pristine beauty of the trail for everyone to enjoy.

EMERGENCY HARNESS

Preparedness is critical, and an emergency harness adds an extra layer of safety. A proper harness will allow you to carry your dog on your back in an emergency. This versatile harness ensures that you can provide assistance in challenging situations.

EMPTY NEST, FULL HEART

May 2024 is a month with a lot of transitions for our family, largely because both of my daughters, Sarah Ann and Catherine, are graduating this month. Sarah Ann graduates May 18, from the School of Architecture at the University of Virginia, and on May 30, Catherine graduates from high school.

For these reasons, we've been experiencing a lot of "lasts" lately: the last chorus concert, the last sporting event, the last dance recital, the last cheer competition, the last spring break, the last prom, the last day of school ... The list of "lasts" started slowly at first, but now it's like a stampede! I try to avoid thinking about it too much because if I do, it makes me sad, longing for the days when the kids were smaller, and I didn't think about such things.

Rather than focus on that, I try to focus on how excited I am about each of their futures. Sarah Ann will be heading west. She has worked so hard in the School of Architecture at UVA, and she's achieved great things as a result. One accomplishment is being admitted to the advanced master's in architecture program at University of California, Berkeley. Back in March, the two of us spent several days in the San Francisco Bay area exploring Berkeley and what it would be like to live there and go to school. It was an amazing trip where we made a lot of memories. We were both hooked right away. But before heading out, this summer, she will be working in the same Manhattan architecture firm she worked for last summer. So, we have a lot of fun things planned this summer in New York, and then she'll be moving out west.

Catherine will be heading south. Like her older brother, Andrew, Catherine will be attending the University of South Carolina. She will be studying to be a nurse. She's found a fantastic roommate from Alabama who, like her, also cheered in high school, and they have a lot of similar interests. Selfishly, I am so excited to have a "do over" of all the great times we had in South Carolina when Andrew was a student there. And I cannot wait to watch Catherine develop her own niche and passions as she pursues a nursing career.

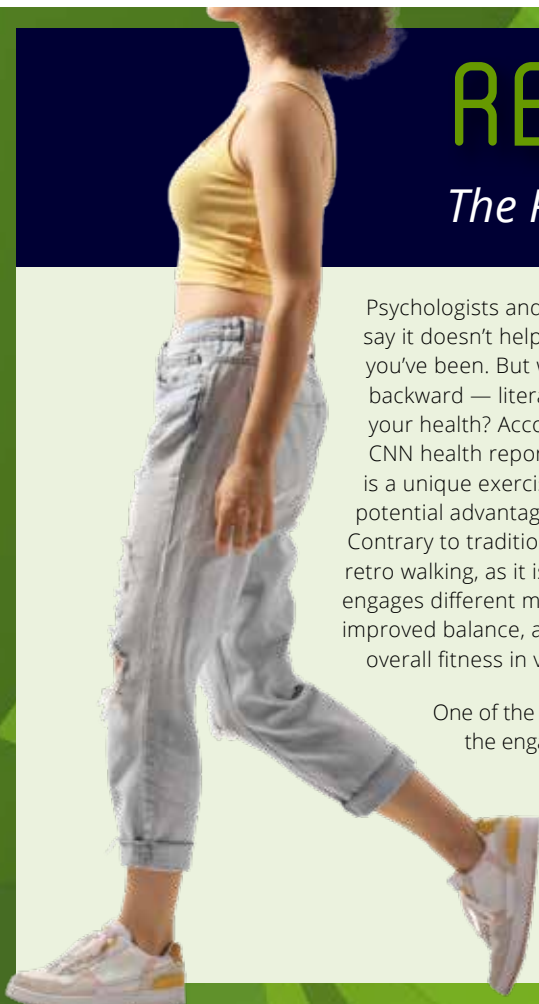
As for Tricia and me, we'll be empty nesters! And although we are going to miss all the constant energy and messiness of having people running in and out of the house all the time, I think we're also going to have fun pursuing new daily routines and interests. Though the house may feel emptier, our hearts are full of love and pride for the individuals our children have become. Our goal was to shape them into good people, which is precisely who they are.

-Kevin Mottley



REVERSE YOUR ROUTINE

The Physical and Mental Gains of Retro Walking



Psychologists and self-help gurus say it doesn't help to dwell on where you've been. But what if walking backward — literally — could benefit your health? According to a 2023 CNN health report, walking backward is a unique exercise regimen with potential advantages for your joints. Contrary to traditional forward walking, retro walking, as it is often referred to, engages different muscle groups, fosters improved balance, and contributes to overall fitness in various ways.

One of the primary benefits is the engagement of muscle groups not heavily used in forward walking. When walking backward, you use your hamstrings, calves,

and glutes to a greater extent. This variance in muscle engagement can lead to enhanced strength and toning, providing a good workout.

Walking backward can be particularly beneficial for those recovering from injuries and/or dealing with joint issues. The unique motion of retro walking puts less strain on the knees, making it a safer alternative for damaged joints that still delivers cardiovascular benefits through a low-impact workout.

As people age, balance and coordination are crucial components of overall fitness. Retro walking challenges both brain and body to adapt to a different spatial orientation, enhancing coordination. For older adults looking to maintain or improve their balance, retro walking can be a tactic to reduce the risks of falls and related injuries. Just start slow. The psychological benefits of walking backward also cannot be overlooked. It's just plain fun to walk backward, and the low stakes of this exercise can excite those doing it to continue adhering to it.

While walking backward may seem unconventional, the benefits are compelling. From targeted muscle engagement to reduced joint impact and enhanced balance, incorporating retro walking into your fitness routine can be a valuable addition. As always, it's best to ask your primary care physician if it would suit your unique needs.

KINDNESS MATTERS

The Intersection of Brain Injuries and Mental Well-Being

In a world where daily demands and expectations constantly escalate, it is easy to fall into the trap of relentless self-criticism and neglect our mental well-being. However, amidst the chaos, we must give ourselves grace and prioritize our mental health. This includes recognizing our limitations, embracing imperfections, and extending kindness to ourselves and others in moments of struggle. As we enter May, it is imperative to highlight Mental Health Awareness Month to raise awareness, destigmatize conversations, and advocate for greater support for those with mental health challenges.

At Mottley Law Firm, our primary mission is to advocate for individuals who have suffered from brain injuries, recognizing the profound connection these injuries have with mental health challenges. In many of our cases, catastrophic injuries often correlate with mental health challenges, as our clients have experienced symptoms of post-traumatic stress disorder (PTSD), major depressive disorders, and other emotional conditions stemming from their brain injuries. We approach their injuries with sensitivity and expertise, ensuring we connect them with the appropriate professionals for assistance.

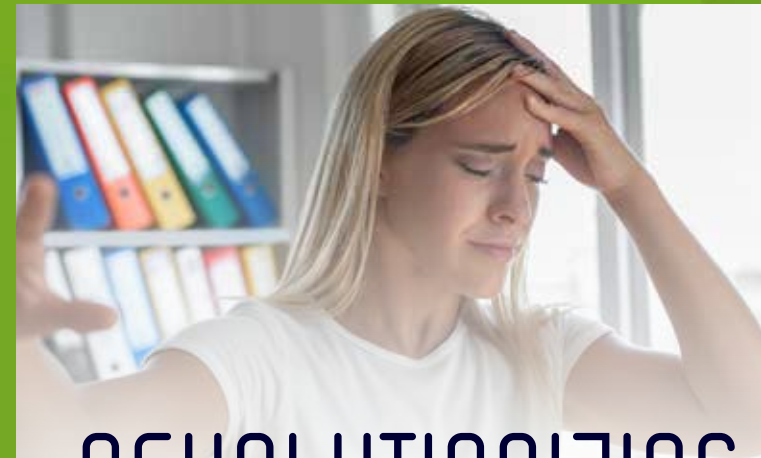
We must recognize the complex interplay between brain injury and mental health and work toward providing comprehensive care and



assistance to individuals navigating these challenges. So, by raising awareness about the psychological impact of brain injuries during Mental Health Awareness Month, we foster greater understanding, support, and access to resources for those affected.

Many people fight their battles silently, and you may never know what is happening behind closed doors. That is why it is so important to treat everyone with kindness. Patience is vital, as we never truly know the battles someone may be facing. This month is a time to acknowledge those facing injuries and to approach interactions with consciousness and kindness, recognizing the unseen struggles individuals may endure.

—Kevin Mottley



REVOLUTIONIZING REHABILITATION

Retrain Your Brain After an Injury

In this uncertain world, anyone can suffer an unexpected injury. Specifically, traumatic brain injuries, as they can affect individuals of all ages and levels of physical health, often leading to significant impairments in daily functioning. Tasks such as standing, walking, or shifting positions in bed can become daunting challenges for those injured.

One way to improve the quality of life for someone with a brain injury is physical therapy. It emerges as a vital intervention for individuals recovering from traumatic brain injuries resulting from falls, car accidents, or other head traumas.

In general, the goals of physical therapy include improving muscle function, restoring mobility, strengthening muscles, and relieving pain. This may involve basic movements like standing, balancing, pushing, squatting, walking, and using adaptive equipment to accomplish specific positioning, stretching, and mobility. Not surprisingly, the expenses associated with regular physical therapy sessions can rapidly accumulate, posing a substantial financial burden.

At The Mottley Law Firm, we work with our clients to calculate the actual value of brain injury cases. It is not just about immediate expenses like current physical therapy sessions. A fair settlement also includes other economic and non-economic damages, such as reduced quality of life and anticipated future medical costs. We collect evidence, build your case, and increase the settlement amount you ultimately receive.

Navigating the challenges of a traumatic brain injury and ensuing impairments is undeniably stressful. The additional concern of covering the costs of necessary physical therapy only adds to this burden. At The Mottley Law Firm, we stand alongside you, working collaboratively to enhance the likelihood of securing equitable compensation and addressing all your medical expenses. The Mottley Law Firm is here to support your needs; give us a call today!

—Kevin Mottley

6		8	4				
	3			8	2		
	7		1		4		
	6				1		
7			5	1	9		3
		5					2
		3			7		4
		6	9				8
					3	5	1

SOLUTION

1	2	3	4	5	6	7	8	9
2	3	4	5	6	7	8	9	1
3	4	5	6	7	8	9	1	2
4	5	6	7	8	9	1	2	3
5	6	7	8	9	1	2	3	4
6	7	8	9	1	2	3	4	5
7	8	9	1	2	3	4	5	6
8	9	1	2	3	4	5	6	7
9	1	2	3	4	5	6	7	8

SUDOKU



CITRUS BBQ CHICKEN

INGREDIENTS

Inspired by FoodNetwork.com

- 8 skin-on chicken leg and thigh pieces
- 1 1/3 cups ketchup
- 2 tbsp brown sugar
- Juice and zest of 1 orange
- Juice and zest of 1 lemon
- 3 cloves garlic, minced
- 1 tbsp Dijon mustard
- 2 tbsp Worcestershire sauce
- 2 tsp ground cumin
- 1 1/2 tsp smoked paprika
- Salt and pepper to taste

DIRECTIONS

1. Place chicken in a large resealable plastic bag. Combine all other ingredients in a small bowl.
2. Reserve 1 cup of the sauce and add the rest to the plastic bag. Toss to evenly coat the chicken and marinate overnight.
3. In a small saucepan over medium-high heat, add remaining sauce and bring to a boil. Reduce heat and simmer to thicken sauce, about 10 minutes. Set aside.
4. On grill set for medium-high heat, arrange chicken skin side down. Cook until grill marks form, about 4 minutes. Flip chicken, cover grill, and cook until a thermometer inserted into thighs reads 165 F, about 20–25 minutes.
5. Serve with remaining sauce.