

## TIP OF THE MONTH

## Summer Safety 101



Summer is a time to have fun and spend time outdoors. It is an opportunity to enjoy the sunshine. It's a time when you can go out for a walk and roll down the windows and take in everything that nature has to offer. The weather encourages you to be active and venture outside. The only caveat with outdoor activities is the risk of

injuries due to twists, turns, and falls, among other reasons. The good news is that these injuries can be easily prevented with the advice of a physical therapist. As luck would have it, we knew exactly where to find some helpful physical therapists, and we asked them for some summer safety tips. Here's what they have to say:

**WEAR PROTECTIVE GEAR:** When participating in contact sports, it is essential to wear protective gear appropriate to that activity. For example, wearing helmets, gloves, properly fitting shoes and shin pads (depending on the sport or activity) can prevent injury. Children are undoubtedly more prone to sustaining injuries such as scrapes, bruises, ligament tears, and even broken bones.

**STRETCHING EXERCISES:** Summer presents a tempting opportunity to jump into several activities. If your muscles are deconditioned from the long winter, it's important to plan ahead. You want to eliminate muscle tears and joint injuries, all of which form a part of the 'weekend warrior syndrome'. Stretching the muscles and warming them up adequately before and after exercising can help prevent muscle aches and joint pains. Your physical therapist will be able to advise you on the right stretching exercises to perform before and after participating in any activity.

**PROPER BODY MECHANICS:** It's important to be careful when using equipment. Gardening tends to be a popular activity during the summer. Using a wheelbarrow to carry heavy objects is highly advisable. Your physical therapist will also give you great advice on how to avoid back injuries by teaching you how to use different muscle groups when lifting heavy objects.

**STRENGTHEN THE CORE:** The core muscles refer to the abdominals and lower back. Exercises such as leg raises, crunches, and simple rotational movements can help strengthen the muscles of the back and abdomen. This can help in preventing injuries. To be on the safe side, ask your physician if it's safe for you to exercise. Your physical therapist will provide you with various exercises that can strengthen your core and prevent back, hip, and knee injuries.

Have aches or pains? Have a nagging injury? If you want to make the most out of this summer, come see us! All states have Direct Access to physical therapy where you can see one of our physical therapists without a physician's prescription or referral. If you are hurting, give us a call and we'll get you an appointment. Looking for more summer tips? We have [hot weather exercise tips](#) and [hydration information](#) to help you safely enjoy the summer break.



PT&Me Featured Article: [Common Causes of Knee Injuries](#)

Call today to ask us how we can help you get back to enjoying the activities that are important to you!



***"I like things to happen, and if they don't happen I like to make them happen."***

— Winston Churchill

## TELL A FRIEND

The greatest compliment we can receive is for our patients to tell their friends and family about their positive experience with us. If you know someone who is experiencing pain or limitations and you believe they could benefit from therapy, please tell them about us.

**We will ensure that they will receive great care and have a positive therapy experience with us!**

## A RECIPE FOR YOU

## Homemade Potato Salad

As the temps rise, a chilled side dish can be just what we need to keep us cool. A big thank you to Jennifer for sharing her potato salad recipe with us. The timing couldn't have been more perfect!



## Ingredients:

- 15-20 small red potatoes (do not peel)
- 1 Tablespoon of mustard
- 2-3 hardboiled eggs – chopped
- Mayo to your preference
- Fresh green onions finely chopped
- Paprika
- Celery – chopped

## Directions:

1. Cut and quarter the potatoes, drop into a large pot and boil until tender. Drain
2. Mix the drained potatoes, mayo, mustard, green onion, celery and eggs into a bowl until the potatoes are coated evenly
3. Sprinkle salt and pepper to taste as well as paprika for added color.
4. Chill and serve cold