

TTTTHERAPY in MOTIONJJJJ

Therapy Talk Newsletter

July 2011

Hydration

It is very important to stay hydrated during these hot summer months. A good rule of thumb to follow is to take 1/2 of your body weight. This is how many ounces of water you need to drink a day. If you have caffeine, then you need to add an extra 8 ounces. Try filling up a jug of water and drinking your way to the bottom.



Plantar Fasciitis

This is a common problem that is often made worse by going barefoot or by wearing sandals/flip flops that do not have any support. Teva, Merrill and New Balance have flip flops with good support. Spenco or Superfeet are the brands of arch supports we recommend. If you start to have pain in the arch of your foot or in the heel, then you should work on wearing shoes with good support and stretching your calf. You may also want to put a tennis ball on the ground and place the arch of your foot on the ball. Apply downward pressure and hold for at least 30 seconds. You can stretch your calf by sitting and pulling your foot towards you with a towel or by standing and placing one foot in front of you. See pictures below.

Stretch Gastroc uni standing



- Stand facing wall, hands on wall.
- Step forward with foot of uninvolved leg, leaning hips toward wall.
- Keep rear leg straight with heel on floor.

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

Stretch Gastroc sit w/towel

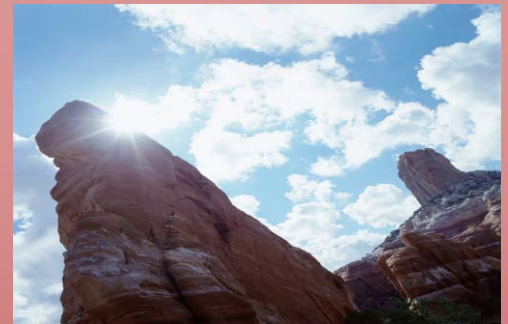


- Sit as shown, looping towel around ball of foot.
- Gently and steadily pull on towel, keeping knee straight.

Perform 1 set of 4 Repetitions, twice a day.

Use Towel.

Hold exercise for 20 Seconds.



Sun

It is very important to wear sunscreen. Remember to apply to all exposed areas and reapply every two hours. Sunglasses are important to avoid eye damage. The lighter color your eyes are, the more important it is to wear sunglasses.



Summertime

The heat and humidity in Texas can make it difficult to exercise without running the risk of heat stroke. Try to exercise early in the morning and late in the evening. If it is above 80 degrees and 80 percent humidity, then you should try and exercise indoors. Try walking at Home Depot or Lowes. It is a nice flat surface and cool.