

THE PHYSICAL THERAPY SPECIALTY CENTER NEWSLETTER



The Physical Therapy
Specialty Center
a division of Primary Care Partners

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SUMMER FUN

Summer is officially here, which means it's time to play outside. People increase their activity during the warmer months and often overlook some important factors regarding their gear, and even bodies. Whether you're dusting off your bike or grabbing your kayaks, you should inspect your equipment to assure a good time. What is even more important is doing a self-evaluation to protect your body from injuries. If you find yourself much less active throughout the winter months, it would be wise to slowly increase your activity rather than picking up where you left off last summer. If someone completed a marathon in the summer of 2020, you wouldn't expect them to be able to run another marathon right away in 2021 if they had an inactive winter. We understand that's an extreme example, but you could use the same outline for an average person: walking 3 miles a day throughout the summer in 2020 and trying to resume the same mileage right away in 2021. This could potentially lead to injury, due to the deconditioning that occurred over the winter. Our recommendations are to resume activities slowly and assess your response following activity. One common situation people find themselves in is DOMS (delayed onset muscle soreness). This is the situation where you exercise or complete an activity that you haven't done in many months and significant soreness arrives 24-48 hours later, taking upwards of 3-4 days to resolve. Although this is not considered a true injury, this can be a miserable feeling and limit further activity participation. For more information regarding summer readiness, please go to our blog!

Around the clinic:

Happy 4th of July to all. Being that Independence Day falls on a Sunday, our clinic hours remain unaffected. For a fun 4th of July dessert that would be sure to please everyone at your barbeque follow the link below!

www.countryliving.com/food-drinks/a30876414/mini-strawberry-rhubarb-galettes-recipe/



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Therapy Minutes

This section is to keep you up to date and provide education regarding PT, OT, and Speech Therapy

Physical Therapy: Bike Fit

Being ready for summer means a lot of different things for people, but for many people in this area it means going for a bike ride. Whether its mountain, road, or just a casual cruise, having a proper fitting bike can make a huge difference. Most people have a brief bike fit at the store, but often this is insufficient and performed years ago. If you are having any pain while riding your bike you may wish to have your bike properly adjusted by a trained professional. A classic bike fit involves multiple measurements of your bike, body, and overall set up resulting in fine adjustments to allow for optimal mechanics and thus a pain free ride. Usually a bike fit can be completed in 30 minutes but for the enthusiast upwards of 1 hour will be needed. At PTSC we can perform bike fits for all ages and types of bikes – mountain, road, hybrid, cruisers, and even kids.

Occupational Therapy: Summer Fun, Fireworks, and Fingers

Summer has officially begun and July 4th will be here soon. Tots to seniors enjoy getting together with family and friends for the celebration with bursts of color and light. The tradition of setting off firecrackers and watching them explode or sparkle is exciting. Sometimes this ends up in hand injuries, including cuts, stabs, crushes, and burns. When skin is burned, it is imperative to use cool (not cold) water to lower the temperature of the area. If not attended to immediately, the skin continues to burn. Here are some safety tips to help you enjoy the day: Keep a metal bucket of water handy to put the used sparklers and firecrackers in, leave them for several hours or overnight (the devices can continue to burn which could cause a fire), set the firecrackers off in a large outdoor area clear of trees, brush and dry grass, and keep your hands away from the ignited portion of the device. If something unfortunate happens, our occupational therapist is experienced in hand injuries and burns. She would be happy to provide therapy to help you reach your goals and resume your daily activities. We hope your summer is safe and fun.

Speech Therapy: Swallowing Disorders in Adults

As the temperatures rise this summer, it is increasingly important to stay properly hydrated! This is also a great opportunity to discuss the importance of swallowing safety and function. Approximately one in 25 adults will experience a swallowing problem each year in the United States. Dysphagia is a swallowing disorder that may involve the oral cavity, pharynx, and/or esophagus. Consequences of dysphagia may include coughing or choking during oral intake, dehydration, unintended weight loss, aspiration pneumonia, and even death. Signs and symptoms of dysphagia may include coughing and throat clearing during oral intake, drooling, pocketing of food in the oral cavity, complaints of food “sticking” in the throat, wet vocal quality, or avoiding certain food textures. Causes of dysphagia may include frailty, stroke, head injury, Parkinson’s disease, and radiation or chemo radiation for head and neck cancer treatment. Speech-language pathologists diagnose and treat dysphagia concerns. Dysphagia interventions may include therapeutic swallowing exercises, diet modifications, and electrical stimulation. We also offer education and training of the client in compensatory strategies to enhance swallow safety and function. If you feel you have a swallowing disorder, please contact your physician for a referral to our speech therapist for further evaluation and treatment.

