

Physical Therapy *News*

From Your Friends at Northshore FYZICAL Therapy & Balance Centers

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4 Vacation Tips For For Being Pain-Free

Whether you go on a cruise, visit family or friends, or plan a trip to the beach it's important to remember a few critical things to remain injury-free and pain-free this summer.

So before you pack your bags for your next trip, please read the following 4 tips to come home relatively pain-free.

Tip #1: Make a decision

Before you leave home, make the decision to continue with the exercises prescribed to you by your physical therapist. These exercises are meant to keep you healthy and pain free.

As you enjoy your vacation, think of exercise as an 'investment' in your physical health and avoid the temptation of skipping your exercises.

Tip #2: Keep moving

It's easy to spend your vacation days just lounging by the beach or the pool. The problem is inactivity contributes to joint stiffness and pain. Try some of these strategies:

- Take a brisk walk for 15-20 minutes; daily if you can
- Try to use the stairs whenever possible instead of the elevator

- If your hotel has a pool, try swimming a few laps

- Take the outline of your home exercise program with you – the one specifically designed for you by your physical therapist



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A Healthy Vacation and The Role of Physical Therapy

We want you to return recharged from your summer vacation.

When you follow our advice you'll experience a decrease in pain and an increase in muscle strength and joint mobility.

Imagine coming back refreshed, ready to do the things you really like; playing with your kids and doing fun things outdoors with your friends and family this summer. Make this the summer that you take charge of your health and address that nagging pain.

We are here to help you plan your exercise routine this summer. Schedule an appointment with us today and have a fabulous summer.



4 Vacation Tips For Being Pain-Free

Tip #3: Stretch your muscles at regular intervals

If you are going to be in one position for a prolonged period of time (in a car or plane), it's best to stretch your muscles, even walk around a bit whenever possible.

Tip #4: Know your limits

Don't overdo it! Many of these injuries are preventable, especially if you follow these precautions:

- Make sure you keep your lower back aligned properly while lifting a bag.
- Warm up and stretch your muscles before you lift anything.
- Make sure you keep the bag as close to your body as possible to minimize strain on your lower back while lifting..

Stay Healthy During Vacation

Six Tips For Keeping In Tip-Top Shape While You Travel

It's so easy to fall into unhealthy habits when you travel. Heavy restaurant meals, little scheduled exercise, strange sleeping arrangements and late nights exploring new towns can lead to feeling rundown.

To keep your immune system in tip-top shape (and to keep from returning home five pounds heavier!), it's important to maintain your at-home healthy habits even when you're on the road. Consider these six tips to do just that:

1. **Wash your hands a lot!** One of the most important ways to reduce infectious disease transmission is to wash your hands carefully and frequently with soap and water.
2. **Stay hydrated.** It is healthier to ask your friendly flight attendant for a cup of ice water instead of caffeine-filled sodas or alcohol.
3. **Pack healthy snacks.** In your carry on, bring some healthy snacks so you

won't feel the need to make a purchase at one of those ubiquitous megacinnamon roll stands in the airport.

4. **Make smart choices at restaurants.** If you eat healthy meals at home, there's no reason why you can't at restaurants, as well.

5. **Work out at your hotel or cruise-ship fitness center.** If you have a choice among hotels, find one with cardio equipment, strength-training equipment or a decent-sized pool for lap swimming.

6. **Get good shut-eye.** This is easier said than done, especially if you want to see and do everything on vacation! But do your best to hit the sack early so you can have loads of energy for your days full of sightseeing.

Don't Gain Weight This Summer!

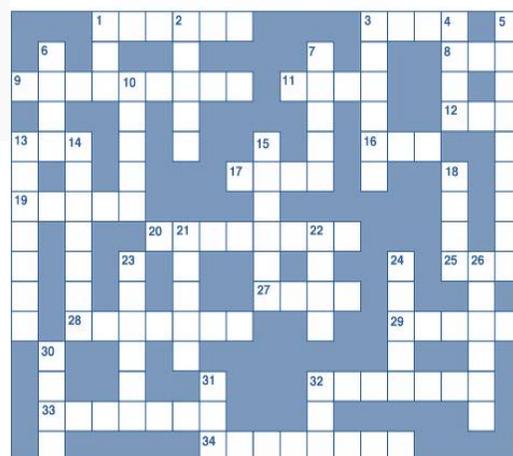
When you are in "vacation mode", it's easy to skip your exercise routine. In addition, prolonged travel time (whether it's in a car or plane) and increased calorie consumption can slow down your metabolism. As a result, it's common for people to return from vacation with more joint stiffness, pain, and even a few extra inches around the waistline.

Keep yourself healthy and pain free this summer. The last thing you want is to come back from your vacation with pain, discomfort, and extra pounds.

A little planning will enable you to actually return healthier after your summer vacation!



SUMMER CROSSWORD



- ACROSS
- | | | |
|--------------------------------|----------------------------|-----------------------------|
| 1. Light rain | 28. Step back | 10. Capture |
| 3. String _____ | 29. Very humid weather | 13. Leisure activities |
| 8. Single _____ | 32. Warm weather foot wear | 14. Follows a car |
| 9. Jumping & hopping game | 33. _____ storm | 15. June 21 |
| 11. Summer month | 34. Thrilling | 18. Always do your _____ |
| 12. Have lunch | DOWN | 21. Pools are full of this |
| 13. Very warm | 1. Short form of sister | 22. Birds home |
| 16. City home for wild animals | 2. Time piece | 23. Surtan _____ |
| 17. Summer month | 3. Cool wind | 24. Hot & _____ |
| 19. Sandy spot | 4. Musical symbol | 26. Summer month |
| 20. Water sport | 5. Summer month | 30. Better _____ than never |
| 25. Used to pave roads | 6. Go it alone | 31. _____ you sleeping? |
| 27. Relax | 7. Weather word | 32. Take a seat |



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Appointment Today!

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