



Professional Physical Therapy

VOLUME 2 ISSUE 3

Beat the Heat!

How to watch for and prevent heat related injuries/illnesses

As the summer continues to heat up we are all looking for ways to get out and enjoy the summer with family and friends. As fun as it is to be playing outside at the local pools, parks, or other recreation areas, it is important to know what the signs and symptoms of heat related injuries are. This helps us recognize them early so we can get proper care to avoid the more serious effects of their dangers. You want to be especially aware of how young children and the elderly are responding to the heat. Their heat regulation systems are often not as effective as they should for more extreme temperatures outside.

Here are a few of the things you should watch for in recognizing the signs or symptoms of heat illnesses:

- Cramps in the legs and feet
- Dizziness
- Nausea
- Headaches
- Sudden weakness
- Excessive thirst
- Profuse sweating, or hot, dry skin
- A rapid pulse or shortness of breath
- Anxiety and or confusion.

****If any of these occur, it is important to seek medical attention immediately. Delaying proper care with heat related illnesses can be fatal.**

So get out there and enjoy this great weather, but be careful and plan ahead. Make sure that you are using proper coverage, like hats, an umbrella, and sunscreen....And keep the water close and plentiful!!

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We Are Out There!

www.professionalphysicaltherapy.com

OREM 1325 S 800 E, Suite #215 (801) 373-1053

ALPINE 155 W Canyon Crest Rd, Suite #100 (801) 756-7061

LEHI 680 E Main St, Suite #101 (801) 768-2723

IT-Band Syndrome

Signs and Symptoms

- Pain on the outside of the knee with running
- Pain stops when running is stopped
- Pain is more prominent during impact phase of running (while the leg is landing or on the ground)

Injury Description

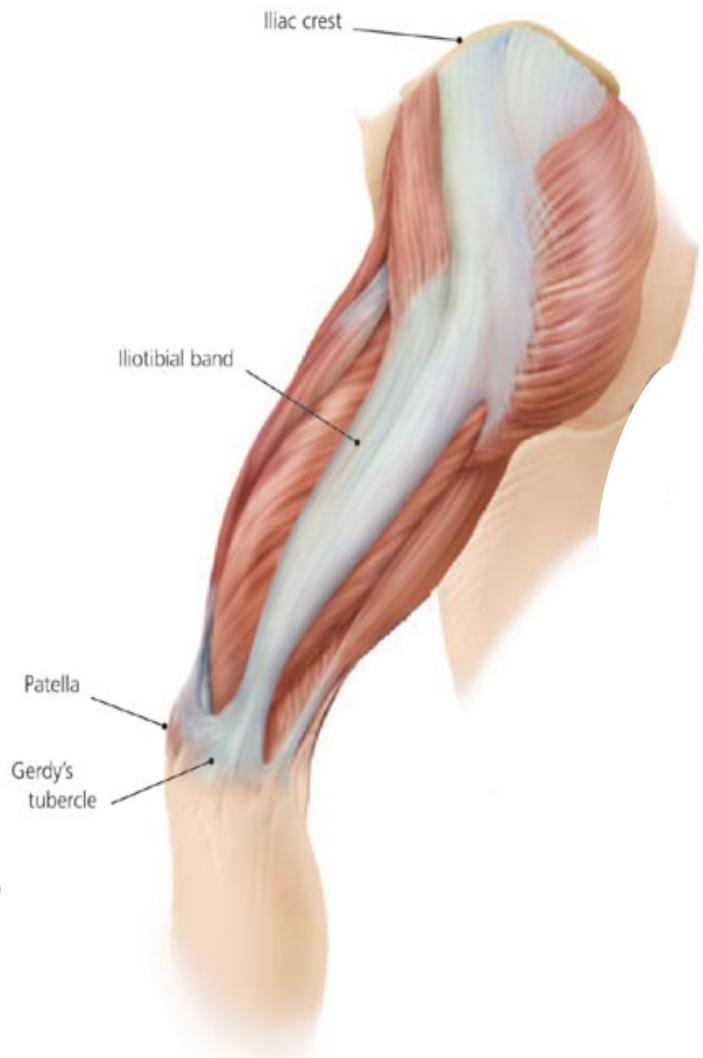
IT-band syndrome is usually caused by doing too much running too quickly. As a result the tensor fasciae latae muscle (ilio-tibial band) which is located on the outside of the hip and extends down to the knee is over worked. When this muscle is over worked it results in a strain to the attachment of this muscle at the knee. The muscle tightens up to protect against further injury and as a result the tendon begins to become inflamed and sore.

What Can I Do?

- Ice can be applied to the outside of the knee. The ice should be applied for 10 to 15 minutes. If numbness or altered sensation in the lower leg and/or foot remove the ice immediately.
- Massage to the outside of the thigh from the knee up to the hip.
- Decrease the amount of the running to allow the muscle to rest. As you begin to feel better gradually increase the running again.
- Stretch the muscles on the outside of the hip.
- Consult your physician about the use of an anti-inflammatory.

If symptoms continue to persist, consult your physician.

To maximize your chances for optimal recovery, often a physician will suggest you consult with us to evaluate and modify your treatment and exercises to meet your specific needs.



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Hiking Tips

WOW UTAH!!! So many wonderful opportunities to hike in these BEAUTIFUL Mountains that are so close and plentiful! With the increased temperatures in the valleys and the snow melt running out of the higher elevations, this is the best time of year to get out and enjoy the trails. Whether it is just a short hike or a day trek, here are some tips to enhance your experience and avoid common pitfalls.

- Hike in a group. Always have at least one other person with you if you are going on low-traffic trails. Some of the benefits of hiking in a group include:
 - Learn from more experienced hikers, or pass on your knowledge.
 - Aid for injuries.
 - Distribute loads for common group gear.
 - Meet new people, or deepen relationships.
- Drink often to stay hydrated. Carry enough water for the day and your pack will get lighter as the day goes on.
- Eat small snacks often to keep your energy level up rather than waiting to eat a big meal after you've emptied your body's reserves.
- Keep a small amount of surplus food ready, just in case.
- Leave your hike plan with someone back home and inform them of your hiking progress as much as circumstances allow.
- Bring and use sunscreen and a hat to prevent sunburn, even on cloudy or cold days.
- Plan a hike that is suitable for everyone in your party and let the slower person set the pace.
- Keep your pack organized and put items back where you expect to find them.
- Be sure to wear clothing in layers, anticipating that you may encounter significant changes in temperature while hiking. Wicking materials are best as they will help keep you dry as you start to perspire.
- Keep a bandanna tied to your pack strap for a quick wipe of your brow as needed.
- Inspect your emergency and first aid kits before each hike. Replace consumed items.
- Carry and use raingear.
- Raise hands up to shoulder straps or overhead if you notice swelling. Hold onto your pack shoulder strap for a while and see how that helps. Use trek poles to keep your hands elevated a bit and keep the muscles active.
- Take a photo ID, insurance card, and credit card on the trail.



Success Stories

"Everyone is always great here. I tell my running friends and family to not waste time anywhere else - Just come on in and get it fixed right! Thanks for your help." -**Dave**

"I had never done any Physical Therapy before, so I didn't know what to expect. I had old injuries that I thought would be very difficult to overcome. But the staff here was so friendly and fun that I felt comfortable right away. The treatment that the therapists gave me worked so well I recovered quickly and have been able to get back to running without any pain. I am very appreciative of the care that I received here." -**Phil**

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We keep updating and adding to our blog about activities and events that we and our patients are involved in. It's a lot of fun to follow what types of activities are scheduled, how our patients and employees are doing in their own hobbies and pursuits, and also what is coming up. We have multiple sports camps and activities coming up for athletes of ALL ages and for ALL sports! So continue checking out our website to see what's going on!

Also, you can follow us on Facebook, Twitter, and LinkedIn! Our goal is to use every outlet available to help keep you informed as to what is happening. This will help you stay in touch with more activities and events that promote injury prevention, good health, and FUN! You can also learn more about how YOU can get involved! We would love to have YOU be a part of our growing family promoting healthy and injury free participation in ALL sports and activities! Watch for upcoming camps and classes for various sports and injury prevention programs!



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LEHI 680 E Main St, Suite #101 (801) 768-2723