



SUMMER SAFETY

**5 TIPS FOR PREVENTING
INJURIES DURING YOUR
SUMMERTIME ACTIVITIES**

Swim Safely!

What you should be aware of before
you head out to the pool or lake.

ALSO INSIDE:

June Virtual Workshop • Exercise Essentials • Patient Success Spotlight





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5 TIPS FOR PREVENTING INJURIES DURING YOUR SUMMERTIME ACTIVITIES

Are you ready for the summer? We know we are! The warm weather poses so many new and fun activities, from summer teams to beach trips to clubs and camps. However, these activities also pose the risk of sustaining an injury. With all the hustle and bustle of summertime activities, it can sometimes be difficult to remember to take care of your health on top of everything else you have going on.

At TherapyWorks, we want to make sure you are still maintaining your optimum levels of health and fitness, even when you're lounging on the sand! Contact us today for more information, and follow our helpful tips below:

1. Prepare For The Terrain.

Are you planning on hiking, climbing, or strolling through a trail this summer? If so, it is important to prepare for the terrain beforehand. Knee injuries are common when moving along unsteady surfaces. Hiking boots with proper traction will help you maneuver those uneven terrains without the risk of slipping or falling. If needed, custom orthotics may also be fitted to your boots, in order to make the journey easier and more comfortable for you, in addition to decreasing your risk of injury.

2. Train For Your Summer Teams.

Are you part of a summer sports team? If so, it is important to make sure you prepare your body for the upcoming season beforehand! Use this time to start training, maintaining a nutritious diet, and strengthening the necessary parts of your body. This will help avoid unnecessary injuries during your season. At TherapyWorks, we offer sports performance and training classes to train your body for your specific sport! Contact us to find out how we can get you to your peak performance for your summer team.

3. Run Responsibly.

The summer is a great time to get back into running — and many people take advantage of that! Running can lead to some accidental injuries, such as Achilles tendinitis, sprains, or shin splints. By wearing the proper footwear and maintaining a proper running technique during the summer months, you can run responsibly without the risk of sustaining an injury. Make sure your feet are always aimed in the direction you are running, your body is leaned forward, and your knees are soft and bent, in order to lessen the impact of the ground. Most importantly — always warm up beforehand! Contact us to find out other ways we can help you improve your technique.

Continued inside.

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Continued from previous page.

4. Avoid Yardwork-Related Injuries.

Cutting the grass, trimming the hedges, weeding, tending to the garden... there is a lot of yardwork required in the summer months! Back and knee pain are common issues that can occur from tending to a yard with poor technique. Below are some helpful tips for avoiding back/knee pain while doing your outdoor chores this summer:

- Lift with your legs, not with your back.
- Squat down to kneel when working at ground-level, rather than bending over.
- Use tools to lessen your load.
- Maintain the natural curves of your spine when working on your yard.
- When lifting, keep objects close to your body.
- Use knee pads when kneeling for extra protection.
- Much like any other physical activity, warm up beforehand!

5. Contact Us For Help.

At TherapyWorks, we want to make sure you stay safe this summer — we want you to be able to enjoy it! If you find yourself in any sort of pain, or if you'd simply like some extra motivational assistance, don't hesitate to contact us. We can design an individualized treatment plan for you, based on your specific needs and goals.

**We'll help you prepare for the summer
so it can be one to remember!**

**Are You in Pain?
Have You Suffered an Injury?
Come Back to PT!**

- 1 Keep up with your physiotherapy exercises to relieve pain and prevent further injuries.
- 2 If your pain doesn't subside, consult with your therapist about what other things might be causing your pain.
- 3 Contact TherapyWorks for an appointment. We will guide you so you can get back to the activities you love.



Call Today (785) 367-3395



Swimming is a great recreational sport that can be enjoyed by people of all ages. But it's important to know how to be safe while you're in the water. These important swimming safety tips are what you should be aware of before you head out to the pool or lake.

- **Swim in designated areas supervised by lifeguards.**
- **Always swim with a buddy;** do not allow anyone to swim alone.
- **Never leave a young child unattended near water** and do not trust a child's life to another child; teach children to always ask permission to go near water.
- **If you have a pool, secure it with appropriate barriers.** Many children who drown in home pools were out of sight for less than five minutes and in the care of one or both parents at the time.
- **Protect your skin.** Limit the amount of direct sunlight you receive between 10:00 a.m. and 4:00 p.m. and wear sunscreen with a protection factor of at least 15.
- **Drink plenty of water regularly,** even if you're not thirsty. Avoid drinks with alcohol or caffeine in them.

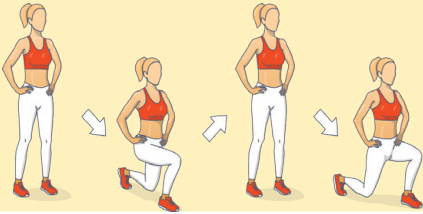


Exercise Essentials

Try this simple exercise to help improve strength and coordination.

WALKING LUNGE

Stand comfortably with your feet shoulder width apart at a location of which you can move straight ahead, such as a hallway. Take a large step forward with one leg, keeping your back foot in starting position while rolling onto its toes. Your spine will be straight and your forward and back knees will be bent, so that you make right angles with your hip, knee, and ankle. As you lunge, you should feel a stretch across the front of the hip and thigh. Hold for 30 seconds and repeat 5 times.



Patient Success Spotlight



"This is my second series of sessions for different issues. I felt that the therapy helped greatly with improving mobility and range of motion, first for the shoulder (frozen), then for the knees (patella subluxation). Thanks for the help!"

- Jeff.



JUNE VIRTUAL WORKSHOPS

BACK PAIN

With Cynthia "Cindy" Johnson, M.S., MCMT
June 1st at 6:30 pm and June 29th at 6:30 pm

SHOULDER PAIN

With Cynthia "Cindy" Johnson, M.S., MCMT
June 15th at 6:30 pm

Scan the QR code or call us today to register for these free workshops.



SCAN ME

FACEBOOK LIVE INTERVIEW EVENTS

June 8th at 4:30 pm Topic: Summer Sports Injury Prevention with Britani Baxter, PTA

June 22nd at 4:30 pm Topic: Wrist Pain and Injury FAQ with Michael Johnson, PTA

Checkout our Facebook page for more details
www.facebook.com/TherapyWorksKS/



GIVE US A SHOUTOUT!

We want to hear your success story! Scan the QR code below to tell your PT story and leave your review. We look forward to hearing from you!

Scan the QR code to go to our Google Review page.

