

MARATHON MONTHLY

Marathon Physical Therapy



August 2008 Newsletter



SUMMER BOREDOM BUSTERS



1. Living room campouts: Pitch a tent indoors and bring only the necessities - flashlights, sleeping bags, and marshmallows - to enjoy an indoor campout on a rainy day.
2. Arts and crafts: Pick up some yarn, adhesive eyes, and ribbon and tell your tots to collect shells or rocks. After the rocks and shells are thoroughly cleaned, arrange them on a picnic table or safely indoors and let the kids create a community of shell or rock people.
3. Photographers at large: The cost of disposable cameras, even digital cameras has decreased. Treat your kids to their own camera, take a walk and tell the kids to take pictures along the way. Or create a list of backyard items that they need to "hunt" and find with their cameras. It will be interesting to see things from their perspective!

SURVIVING SUMMER'S NATURAL ENEMIES

Although we all appreciate the potential of summertime fun, this season is not without its pitfalls. Heat, humidity and natural enemies can affect everyone this season. To avoid summer's threats, remember these helpful hints.

Stay hydrated: Summer heat causes an increase in sweat resulting in lost electrolytes and fluid.

This can result in dehydration. When dehydration becomes so severe that a person can't sweat enough to cool down, heatstroke occurs. Symptoms of dehydration include thirst, fatigue, headaches, nausea and confusion. Symptoms of heatstroke are similar but also include hallucination and delirium. Mild dehydration can usually be treated with fluids. Heatstroke should be treated in the Emergency Room with intravenous fluids.



Avoid natural enemies: Poison ivy is a tri-leafed plant. It can have some yellow or purple coloring. It lives around shrubbery and vegetation. If skin contacts the oils of the plant, itching and swelling can occur. This can generally be treated with calamine lotion but if symptoms worsen, seek medical attention.

Inspect Insect bites: It's best to get in the habit of inspecting your body for insect bites whenever you have spent time outside. Mosquito bites show the telltale markings of red, itchy, raised bumps. Wash the area and apply a cool compress to alleviate the itching. Contact a doctor if symptoms worsen or if a bite mark is unidentifiable.



If you or someone you know has had joint replacement, orthopedic surgery, neck, back and joint pain, TMJ disorders, back pain with pregnancy, or balance disorders, call us to schedule a free consultation. We may be able to help.

WE WORK WITH ALL INSURANCE PLANS.

MARATHON PHYSICAL THERAPY

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