

The Augusta PT Connection

AUGUSTA PHYSICAL THERAPY, PC
ALAN REITZ, PT
CLARA REITZ, PT

302 BUCHANAN STREET
STAUNTON VA 24401
PHONE: 540-887-8007

Outdoor Fun !

This summer, Bike Virginia toured through Staunton. The average biker's age was between 30 - 50 years old. Some bikers were even in their 80s. Bike Virginia's website www.bikevirginia.org has the following quote from a group of 18th century explorers who discovered the valley:

"The journey was without haste, and there was a friendship and celebration enjoyed by all. And there, after many days of travel, from the western slope of the Blue Ridge Mountains they witnessed a valley so lush and teeming with beauty, it demanded commemoration."

If you don't ride a bike, one can find activities to keep moving. Performing daily chores will release synovial fluid over the joints and supply nutrients for easier movement. Here are some tips for you, or someone you know, to begin bike riding. The need for physical therapy can be prevented by stretching properly. Note the information at the bottom of the page.

Bike Riding Preparation

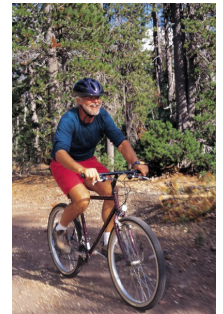
It is estimated that 90% of bike fatalities occur when people do not wear a helmet. The helmet also provides a shield from the hot sun. We hope these tips are helpful:

Buying a Helmet:

- Buy only helmets that are ASTM, ANSI, or Snell approved.
- Choose the one that fits the best before making any adjustments.
- Use the extra padding that comes with a helmet to make sure it's snug.
- Purchase reflective tape, if not provided. Some helmets have a flashing light attached.

Wearing Your Helmet Correctly:

- Helmet should be flat on the top of the head, above the eyebrows, not too forward or back.
- Two helmet straps should form a "V" under the ear.
- Leave room for one finger under the chin inside the strap. It should be taut and not choking.

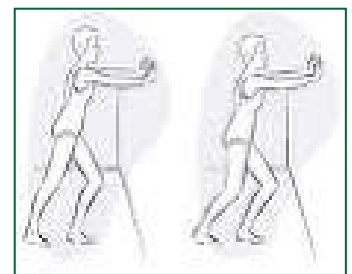


Safety:

- Right Turn- Extend left arm, bending at the elbow and holding hand upward. Say "Turn Right".
- Left Turn- Extend left arm straight out, parallel to the road. Say "Turn Left".
- Slow Down or Stop- Left arm down by your side and pointing downward.

Most accidents happen when traveling too fast for conditions and/or following too closely. Be consistent, keeping even pressure on the pedals. When climbing, switch to a lower gear before you stand, to maintain a steady forward pace. To avoid obstacles, gradually steer away and verbally warn others. Alert others about traffic with a firm "Car back" so they will pull in and let cars pass.

Stretching: Proper stretching can prevent many injuries. Injury is generally a problem of overstretching or doing too much in the beginning of a new exercise routine. The above image shows two stretches that are important before and after bike riding or other physical activities. Gently stretch without bouncing. Remember to breathe deeply. Breathing releases more oxygen and nutrients for your muscles.



**AUGUSTA PHYSICAL
THERAPY**

302 Buchanan Street
Staunton, VA 24401

Phone: 540-887-8007

Fax: 540-887-8004

Email: apt@augpt.com

**PUTTING QUALITY BACK
IN YOUR LIFE**



Dehydration is not just a problem in the summer heat

Exertion or being in the hot sun causes your body to sweat and lose more fluids. Dehydration can be an issue for older adults, who do not take in much fluid through water consumption or foods. Some medications or breathing through the mouth at night can cause a decrease in the amount of moisture in the body too. Older people need to be aware if they experience a little more confusion, general weakness, or lack of motivation, they may not have consumed enough water. More water intake is effective in relieving above symptoms and for relieving the Mild to Moderate Symptoms listed below in the left column. Severe dehydration is considered a medical emergency.

Mild to Moderate Dehydration Symptoms:

Dry, sticky mouth

Sleepiness or tiredness.

Thirst.

Decreased urine output. Dark yellow or amber in color.

Muscles weakness.

Headache.

Dizziness or lightheadedness.

Severe Dehydration, A Medical Emergency

Extreme thirst, lack of sweating.

Irritability and confusion in adults.

Very dry mouth, skin, and mucous membranes.

Limited or no urine output

Sunken eyes.

Low blood pressure, rapid heartbeat, fever.

In the most serious cases, delirium or unconsciousness.