



Pinnacle Physical Therapy

Unparalleled Credentials, Care and Outcomes

VIEWS & NEWS FROM THE PINNACLE

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AQUA THERAPY

Is Available on

Mon. & Wed. 4-6 pm

STARTING MAY 20

at

BRET HARTE
AQUATIC CENTER

Call 209-736-0956

For an appointment

TIME TO GET BACK IN THE WATER

Poets, philosophers and physicians have all written about “**HEALING WATERS.**” In Physical Therapy, we recognize that water supports body weight which makes exercising easier. Water exercise can stretch muscle fibers and decrease muscle spasms while providing consistent resistance surrounding the joints for more efficient strengthening. Aquatic Therapy is beneficial for many injuries; it is also fun and invigorating.

The benefits of aquatic



therapeutic exercise include decreased stiffness, swelling and pain, and increased mobility, strength and function of joints and muscles. Because the water environment improves cardiovascular endurance, circulation and respiration, professional athletes and NASA astronauts cross train in the aquatic environment. For others and those less



active after prolonged sedentary lifestyles due to illness, age or disinterest in gym workouts, there is an ease of movement in the water that improves balance and coordination making exercising fun and less stressful to the body. Participants need not know how to swim, there is no lap swimming. For those afraid of water or swimming, therapy can be kept at waist depth and staff will be present at all times.

People suffering from **chronic pain, joint problems or an injury** are encouraged to call their doctor for a referral to a trained physical therapist for evaluation and possible aquatic therapy. The therapist at Pinnacle Physical Therapy are well trained and appointments are available on Monday and Wednesday evenings 4-6. Insurance covers aquatic therapy for many ailments, and is very cost effective as a customized therapeutic program that transfers

well to a home or community pool for continuing relief. Arthritis, osteoporosis, diabetes and some cardiac rehab can be addressed with aquatic therapeutic exercise. Osteoporosis research shows that there is no substitute for weight bearing exercise to



rebuild bones, but if one has not been exercising, then water exercise is a safe and gentle place for those fragile bones and a fun way to get back to exercising. Once a base line level of strength is achieved, the therapist can direct the patient to the appropriate follow-up land exercise.





In addition to fine Physical Therapy, Pinnacle offers massage, wellness programs and fitness consultations



We love our Patients

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Avoid Heat Exhaustion and Heat Stroke

The warm weather is an instant invitation to exercise outside, particularly if you've been hiding from snow and heavy rain for the last several months. However, given the high temperatures and humidity ratings that will continue through the fall, it's best to keep a few things in mind in order to avoid heat exhaustion and heat stroke.

Prepare. There are a few things that you can do before you step outside in order to prepare yourself for the heat:

Wear appropriate clothing. There are plenty of options now that are lightweight and help you stay cool.

Apply sunscreen at least 15 minutes prior to going outside. The American Academy of Dermatology recommends a broad-spectrum (UVA + UVB) protection that is water resistant and SPF 30 or greater. Reapply at least every two hours.

Hydrate. Hotter temperatures outside cause your body to sweat more than usual, increasing your

chance of dehydration. Drink plenty of fluids before, during and after your workout to stay hydrated (avoid drinks that contain alcohol or caffeine, which can cause dehydration). If you're planning on an intense workout, this should include fluids that contain electrolytes, like Gatorade, or eating foods high in such minerals as calcium, magnesium and potassium.

Recuperate properly. After your workout, retire to a shady area or inside with air conditioning, if possible. Drink plenty of clear fluids or sports drinks. And take a cool shower or bath to help your body cool off.

Above all, listen to your body even after you've come inside. If you have such symptoms as heat cramps, nausea, or an elevated temperature for longer than an hour after your routine, seek medical attention. The CDC points out that heat stroke can cause death or permanent disability if emergency treatment is not provided.

A NEW PROGRAMS

Training to prevent spine injuries is being offered to local groups for a small fee as Pinnacle's ongoing support of the community. Therapist come to the organization or company and provide education and awareness in preventing repetitive spinal injury and the resulting chronic back pain that comes from daily routine and movements done improperly.

Individual education is offered in fall prevention and balance and vertigo problems. Men and women suffering bladder and bowel incontinence can receive corrective therapy at Pinnacle. Ashley Nelson, DPT offers Pre and Post-Partum evaluations and therapy to ease recovery from childbirth, including postpartum back and pelvic pain, posture and body mechanics as well as core and pelvic floor strengthening.

Fit 4 Golf is specifically designed to address the unique needs of each golfer and combines physical assessment and training drills with swing video assessment and instruction.

MASSAGE AT PINNACLE PHYSICAL THERAPY

Massage therapy is a recognized method of relieving stress, increasing flexibility and relieving pain. Pinnacle offers appointments with California licensed and CCMT certified massage therapists at the clinic. Many modalities are available and personal attention is given to create a custom massage for each individual and condition. One need not be a patient to request an appointment. Rates are based on \$65/hour appointments. Appointments are scheduled through Dulcie at the clinic 209-736-0956.

RELIEVE STRESS

**Massage
Gift Certificates
are available
\$65/hour**

