



# Harbor Physical Therapy Newsletter

## Summer 2022

Publication brought to you by Harbor Physical Therapy, Baltimore, MD



### *Electrolyte Essentials*

With temperatures and humidity on the rise, there is inevitably going to be a lot of sweat happening. While we all know that it is important to drink enough water, what some people don't know is that sometimes water isn't enough to keep us hydrated. When we sweat, we aren't just losing water, we are also losing electrolytes.

Electrolytes are essential minerals to the body that help maintain the body's internal functioning (keeping a proper pH balance and ensuring proper nervous system function), keep our muscles performing properly, and ensure adequate hydration. Sports drinks are commonly used to help replenish electrolytes, but make sure that your sport drink of choice (or other electrolyte solution) isn't high in sugar. Although more sugar makes the drink taste better, it won't be as helpful in keeping you hydrated.

Not a sports drink fan? No problem, there are alternatives to gaining back those lost minerals. Fruits and veggies that are high in calcium, potassium and magnesium are good go-to's. And while sodium (salt) is also something we need to replenish after sweating, don't reach for a bag of chips, but rather have a handful of nuts or a small bowl of pretzels.

*Written by Taylor Ryan, PT, DPT*

### Some FYI's about your SPF

- Buy broad spectrum sunscreen
- Go for SPF 30+
- Do NOT use sunscreen on babies less than 6 months
- NO sunscreen is water/sweat proof, only "resistant"

Source: National Foundation for Cancer Research

Looking to get into Swimming this Summer?....

Don't forget to warm-up before starting to swim laps. Here are some great warm-up ideas for before you jump into the pool:

1. Squats
2. Arm Swings
3. Lunges
4. Jumping Rope

After swimming, don't forget to perform static stretches. Here are the major muscle groups you want to stretch:

1. Hamstrings
2. Pectoralis
3. Rhomboid

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### Beat the Heat [What to know about common heat-related illnesses]

#### Heat Cramps

- Heavy sweating during high level exercise
- Muscle pain and/or spasms

#### What to Do:

- Stop activity and move to a cool place
- Refuel with water and/or sports drink

#### Heat Exhaustion

- Heavy sweating and cold, pale, clammy skin
- Fast but weak pulse
- Fatigue

#### What to Do:

- Move to a cool place and put wet cloths on body
- Sip water
- Call 911 if symptoms worsen

#### Heat Stroke

- Body temperature of >103
- Hot, red, dry or damp skin
- Fast and strong pulse
- Loss of consciousness

#### What do To:

- Call 911
- Place in a cool bath
- Do NOT give the person something to drink

Source: Center for Disease Control and Prevention

We're on the web!

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