



SUMMERTIME HEALTH TIPS

Brought to You by *THE ORTHOPAEDIC INSTITUTE*



Avoid the mid-day heat. Limit activities in the hot sun to 15 or 20 minutes at a time to help protect against heat exhaustion.

Replace your shoes. Select the proper shoes for an activity and replace them often to prevent foot, ankle and knee pain.

Stretch. The more prepared muscles and tendons are for an activity, the more protected you are from getting hurt.

Hydrate! Don't wait until you're thirsty to drink water.

Protect your head. Always wear a helmet while biking, skateboarding, horseback riding or riding an ATV-- and make sure children do too.

Wear sunscreen. Be sure to use SPF 15 or higher and reapply it every two hours.

Don't be a "weekend warrior". Try to incorporate moderate physical activity into your daily routine.

Look before you dive. To prevent spinal injuries, never dive headfirst into unknown bodies of water.

Go easy on your joints.

Swimming is a great exercise for summer and helps prevent over-heating.

Don't let injuries go untreated. The Orthopaedic Institute offers same or next day appointments to help you get back to your summertime fun!

