



PT Matters

A Quarterly Publication of McDonald Physical Therapy & Sports Rehabilitation Center

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McDonald Physical Therapy & Sports Rehab Center

Hours

Monday - Thursday

7 a.m. – 1 p.m.

2 p.m. – 8 p.m.

Friday

7 a.m. – 5 p.m.

CLOSED FOR LUNCH

Times may vary, please call.

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- ✓ Alternative Paths to Better Health
- ✓ Physical Activities Workbook

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Many of the gifts which have the greatest impact on our lives are rarely accepted much less appreciated at the time we receive them.

I invite you to reminisce with me about my teenage years. I worked on my father's charter boat as a "mate." What is a charter boat or a mate you might ask? A charter boat takes groups of people out to fish for a day. Fifteen to thirty customers would travel with us on a given Saturday or Sunday. A "mate" is the person who fixes everyone's fishing lines and poles and tends to the needs of all the people on the charter. When the fishing is done, he is also responsible for cleaning the fish. Finally, at the end of each trip, he cleans the boat.

I began working on the fishing boat when I was 10 years old. At first, I was the "second mate." By the time I was 14 years old, I was promoted to first mate. As soon as I became the first mate I was privileged to receive a great gift – a gift which I did not see, but even if I had seen, would not have wanted.

As the customers came on the boat at 6:30 AM, I greeted them. It did not take long to meet them and find out which customers were happy and easy going and which were in less positive frames of mind. Luckily, most of the customers were great to work with. As the day started and we headed out to the fishing area, there was usually one customer who would begin treating me like his personal slave. He expected me to fix his fishing pole before anyone else. He would even tell me I had better be ready when he brought in his fish. He would also demand that I have the net ready and I'd better not miss or lose his fish. As I stood there, I couldn't help but look for a way to get as far away from this customer as possible. I wanted to move on to the happy customers. They were the ones I found easy to talk with; they were enjoyable to be around. As I stood there in misery – feeling sorry for myself – I excused myself and told him I needed to rig the rest of the poles, get the bait ready, and anchor the boat.

I was finally free (or so I thought) of the customer who seemed to drain me of half my energy before even an hour had passed.

Once I got everything ready and let the anchor down, the fishing began. As I stood waiting to react to the fish being caught, my dad called me into the pilot house for a quick minute. While I stood next to him, he asked me if there was anyone on the boat who seemed unhappy or particularly challenging. I quickly pointed out the one customer. I told my dad to try to stay away from "that guy."

My dad's response caught me by surprise. He told me it was my job to turn that customer's attitude around. He wanted me to stay close to that customer and kill him with kindness. He basically wanted me to win this guy over – even befriend him. This idea, to a 14 year old, made no sense. Why would my dad want his son to waste his time and energy on this mean person? Surely, he knew that man was just an unhappy person. Surely, he knew this man would not change and would make my day miserable. Why would a dad want to make his son miserable? Why didn't he choose to work on this customer himself? Obviously, he knew something I did not yet understand.

Well, even though I did not understand, I did as my dad said. Why? Because in my house in 1969, as a member of a family of 12, we obeyed our dad. Some of it might have been fear and some of it might have been respect. For whatever reason, I put on a big smile, bit the proverbial bullet and worked hard to get to know this customer. In time I even found out his interests, his likes and dislikes. When we spoke about his interests a smile would come to his usually expressionless face, and his energy would become more positive. I actually started seeing good in this customer, and eventually we became buddies.

By the end of the day, he even gave me a good tip, and off he went. I didn't quite know when it



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happened or how it happened, but my attitude also changed during that day. What started out feeling like a dreaded assignment or even punishment from my dad had actually become an invigorating and enjoyable experience. Who would have guessed?

If you are searching for the gift – search no more. Thirty seven years later, here I am working with people every day who are physically and sometimes emotionally or spiritually scarred. They don't always come in looking forward to seeing me, the physical therapist. In some cases they might even look at me as a source of physical torture.

Luckily, because my dad presented me with a situation he knew (from experience) would give me an opportunity to grow and develop, I learned a lesson that stayed with me and helped me through my life. Fortunately, I accepted the challenge (gift) although sometimes with reluctance and maybe some anger, but with a fairly open mind.

This was not a gift he gave only once. This gift ended up in my lap almost every fishing trip I worked until I was 21 years old.

As I stated in the beginning here was a gift of a lifetime. I didn't know it at the time. I didn't even want it at the time. But now I am so thankful and appreciative of it because this gift allows me to love my vocation as a physical therapist. I did accept the gift with open arms - finally. I did learn that we all have goodness in us. It sometimes takes a little coaxing to show itself, but our uniqueness is there to be discovered and enjoyed by others.

So, on this day I wish for all of the children, adolescents and adults to look closely at the challenges and even nasty jobs you are asked to perform. They may be some of the greatest gifts you will ever receive.

Francis McDonald PT



HOW TO RECOGNIZE SIGNS OF DEHYDRATION IN YOUTH ATHLETES

Casey Pielemeier, PT.

Many school athletic programs begin in early August, and in our area August is very much a summer month. Some athletes may mistakenly rank competitiveness ahead of common sense. A concern for all active adolescents is proper hydration. Whether activities are organized with supervision or are just “playing around”, proper hydration is very important for safety and performance, especially in the heat.

Teach young people proper hydration techniques and the warning signs of heat related problems

1. Know the risk. Children are at an increased risk of dehydrating because they do not tolerate temperature extremes as well as adults do. They have a greater surface area to body mass ration than adults. (The smaller the child, the faster the heat is absorbed. Children produce more metabolic heat during physical activity, and they are not able to dissipate as much heat through sweating as adults.)
 2. Don't wait for thirst. Thirst is not an adequate indicator of the need to drink. By the time the child feels thirsty, he or she may already be dehydrated.
 3. Watch for signs of dehydration. These include: headache, dry mouth, irritability, dizziness, boredom or disinterest, cramps.
 4. Be careful of cramps. Heat cramps, usually in the abdomen or the legs, are also warning signs of dehydration.
 5. Watch for heat exhaustion, which is more serious. Signs are cool, pale, moist skin; profuse sweating; dilated pupils; headache; nausea; or vomiting.
 6. Avoid heat stroke - the most serious dehydration condition. It can happen if heat exhaustion is left untreated.
- Teach young athletes to drink enough. The American College of Sports Medicine recommends that a person drink 4 to 8 ounces of fluid for every 15 to 20 minutes of vigorous physical activity.
 - Drink **before and after** exercise. Active youth should drink 16 to 20 ounces before and immediately after playing.
 - Remember, seasons may change, but the need for fluid doesn't. Dehydration is not as noticeable in cooler weather, but it can happen.

WHAT IS THE BEST FLUID FOR YOUNG ATHLETES TO DRINK DURING ACTIVITIES?



Studies show that when drinking water, kids will drink only about 50% of what they need. To help children drink enough fluid to fully replace what they have lost through sweat, research suggests that a lightly flavored sports drink with a small amount of sodium encourages them to drink 90% more than water to stay better hydrated.

SOME ALTERNATIVE PATHS TO BETTER HEALTH

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Though eating healthfully and exercising frequently are still the best ways to improve your well-being, there are alternatives.

USA TODAY reporter Kathleen Fackelmann gives you 10 ways — certified by science — to give your health a boost.



BRUSH AND FLOSS Brush your teeth and floss every day. Studies suggest that gum disease might contribute to the development of heart disease, diabetes and other risky conditions. Scientists believe the bacteria that infect gums can enter the bloodstream and cause problems in other parts of the body, he says. When a toothbrush and floss aren't handy, you might want to eat raisins, which have been shown to fight off the bacteria that can cause gum disease.



GO TO THE MALL The benefits of going to the mall can be considerable if you *walk at a brisk pace, take the stairs instead of the elevator and comparison-shop by doing the math in your head*, says neurologist Marilyn Albert of Johns Hopkins University in Baltimore and a spokeswoman for the Alzheimer's Association.



EAT DARK CHOCOLATE Dark and bittersweet chocolate contain hefty amounts of anti-aging substances called flavonoids, says Carl Keen, chairman of the nutrition department at the University of California-Davis. Small amounts of flavonoid-rich dark chocolate might help protect against blood clots and heart attacks, he says. Purple grapes, red wine, apples and tea also contain flavonoids.



LAUGH MORE At least once a day, get a good laugh in, says Michael Miller, director of preventive cardiology at the University of Maryland Medical Center. His studies suggest laughter helps keep blood vessels dilated and protects against heart attacks. Go see a funny movie, read the comics, tell a joke or share a laugh with friends.



GET ENOUGH SLEEP Sleep helps keep memory and attention in top form, and it might help regulate body weight. Studies suggest that sleep deprivation is linked to obesity. How much sleep is enough? Most people need seven to nine hours a night.



TAKE UP YOGA Beginner yoga classes offer a set of poses that increase flexibility and strength and might help people who have arthritis. The poses also can improve balance, which can help prevent falls, especially for older people. Swimming, tai-chi and tennis are other activities that can help you remain flexible and strong.



MUNCH ON ALMONDS Just a handful of almonds eaten daily helps lower LDL cholesterol, the bad cholesterol that contributes to heart disease, and might reduce the risk of developing certain cancers, including colon cancer. Almonds and other nuts contain beneficial substances including vitamin E.

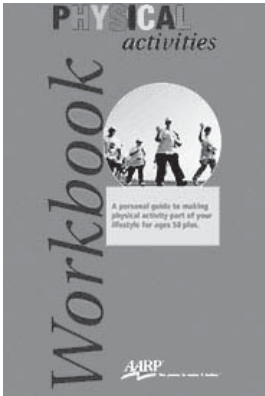


PRAY OR MEDITATE Prayer or meditation might lower blood pressure, reduce anxiety, cut stress levels and perhaps even help people live longer. How much prayer or meditation is good for your health? Harold Koenig a psychiatrist at Duke University Medical Center suggests about 20 minutes a day.



GO OUT FOR INDIAN FOOD Studies suggest that curcumin, the yellow pigment in curry spice, might help protect against heart disease and cancer and perhaps ward off Alzheimer's disease, says Greg Cole, a researcher at the University of California-Los Angeles. His studies suggest that yellow curry spice — a popular ingredient in Indian foods — can protect mice from a disease similar to Alzheimer's.

PHYSICAL ACTIVITIES WORKBOOK



Motivating yourself to increase your physical activity isn't easy. That's why AARP is offering the "Physical Activities Workbook." Based on the "Be Active for Life Handbook," which won a 2004 Silver Award from the National Health Information Awards program, this updated and re-titled version shows how you can add physical activity into your daily routine based on different needs and lifestyles.

It also teaches how to start safely, set goals, develop a support network, find motivation and overcome barriers.

Of those individuals who've already used the "Physical Activities Workbook," 82% said the workbook encouraged them to be more active, and 72% said it helped set goals.

The workbook is divided into easy-to-navigate sections. Following sections on getting started, safety issues, and readiness, readers are directed to the section that matches their stage of readiness to begin their physical activity program.

How to order? The first copy is free. Call 1-888-OUR-AARP and request your free copy. Extra copies are \$1 each. Mail checks payable to AARP, along with a written request that includes publication title, quantity and stock number (D561) to: AARP, P.O. Box 93119, Long Beach, CA 90809-3119. Include the title, stock number and quantity on your check.



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