

EMPIRE

Sports Physical Therapy and Rehabilitation

Be Physical.

Move Forward.

Live Well.

Office Hours

Monday: 7am – 8pm

Tuesday: 12pm – 8pm

Wednesday: 7am- 5pm

Thursday - 12pm – 8pm

Friday: 7am – 5pm

Saturday: By Appointment Only

Important Dates

Continuing our commitment to the Clarkstown Community, we at Empire Sports Physical Therapy are pleased to announce our **Community Lecture Series**.

All Lectures will take place at our facility at 15 Lake Ridge Plaza, Valley Cottage.

See below for Summer dates, times and topics :

***Tuesday, June 19th @ 7pm –**
Strength Training for Runners

***Tuesday, July 17th @ 7pm –**
Hip and Knee Pain

***Wednesday, August 15th @**
7pm – Strengthening for Seniors

Dehydration in Adults and Seniors: *How to Avoid Dehydration in the Heat of the Summer Months*

The summer months are upon us! We finally get to enjoy the warmth of the sun, take road trips, visit family and friends. The days are hot, the humidity is high and one of the biggest concerns of the summer sets in for everyone, especially seniors. Dehydration is the main cause of heat exhaustion and heat stroke in the elderly. It is not just a lack of water intake that causes dehydration, but a number of reasons coupled together that can cause the dehydration to exasperate more quickly.

Some of the common causes that may add to dehydration in seniors are:



Medications – It is not uncommon for seniors to be on multiple medications at once, some of which are diuretics. Diuretics help with many things but can cause the person to lose more water than a person that is not taking a diuretic.

Decreased Thirst – As people age, their sense of thirst becomes less acute. Additionally, elderly people that are frail may have a harder time getting up to get a drink or they may be reliant on a care giver.

Decreased Kidney Function – As our bodies begin to age, we start to lose a percentage of our kidney function and thus are less able to conserve fluid. This decrease in kidney function starts around age 50 but after 70 becomes more acute and noticeable.

Illness – Similarly with every age group, but more important in the elderly because of all the above issues, vomiting and diarrhea from illness can cause dehydration quicker in seniors. If you are a care taker for an elderly person, keep them hydrated as they recover from their illness.

Take notice for these signs of dehydration:

- confusion
- difficulty walking
- dizziness or headaches
- dry mouth
- sunken eyes
- rapid heart rate
- low blood pressure
- constipation
- low urine output
- inability to sweat/ produce tears



Swimming Safe This Summer!

We have waited so long for the warmer weather, as this past winter seem to go on forever. The kids are all rubbed up with sunscreen and ready for some fun in the sun.

Whether you have a pool in your backyard, head to one of the town pools or if your child is going to a pool party be sure to keep these safety tips in mind:

- **Take swim lessons.**
The more swim and water safety knowledge they have the better off they will be.
- **Use the buddy system!**
Especially at the town pools where there are so many people. Staying with a buddy is a simple safety habit to get into.
- **Protect your eyes.**
Wear your sunglasses to protect your eyes from the sun and wear goggles to protect your eyes from harsh chemicals in pools, like chlorine.

Fun In The Sun: Get the Most out of the Summer months with these fun family ideas

The kids have worked hard all year and now it's time to play. Summer vacation is here! It's time to slow down, enjoy days at the pool, head to the beach or have some fun at the many carnivals and fairs around the area. After a long winter that seemed to hang on for months on end, we want to get ourselves and our families out in the fresh air and sun, but we want to keep them safe from overexposure from the hot summer rays that can be harmful.

Take advantage of the warm sun during the day and cool breezes at night by trying this fun activity. In the morning, before the sun rises to its peak, take the kids for a nature walk or hike and do a scavenger hunt. What types of trees, flowers or animals do they see? After the hike, head home and stay inside at the hottest part of the day and have the kids pick one of their favorite finds from the hike and either draw/paint a picture or head to the library to find a book on one of the animals they saw. By the time they finish their project, the sun won't be as strong. Then the kids could head outside to ride bikes or kick a ball around and get some well-needed vitamin D without the sunburn.

Keeping the kids out of the sun at its peak is important, not only for skin protection but for their hydration levels as well. Try some of these great ideas to keep them entertained at the hottest part of the day:

- Visit an art museum.
- Take a day trip to one of the many aquariums around the area.
- Movies are a hot ticket during the summer months! Be sure to purchase the tickets for the middle of the afternoon.
- Play board games! They are a great time filler. If the kids are tired of playing the same games, have them create their own board game. Design the board, make the rules, create the game pieces.

