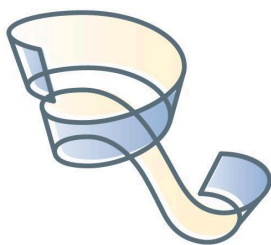


The REAL Newsletter



Longer days and warmer temperatures can only mean one thing... summertime! This summer we are encouraging our patients to stay active outdoors but to follow some simple summer safety tips. Also here at REAL Physical Therapy we are always trying to improve and we want to highlight one of our outstanding Physical Therapists Zenaida Campbell on the completion of her fellowship program.



Issue #8, June 2014

NEWS:

Summertime safety tips



Zenaida Campbell & American Academy of Orthopaedic Manual Physical Therapists



Summertime Safety Tips

Sunscreen

Use sunscreen with sun protective factor (SPF) of at least 30 and reapply every 2 hours or after excessive sweating or swimming.

Hydration

Water is best if the outdoor activity lasts one hour or less, but for activities lasting more than one hour, drink a fluid with carbohydrates (sugar) and electrolytes such as Gatorade and Powerade.

Schedule Around the Heat

Plan vigorous activity and sports for cooler times of the day. Take rest periods in shady or cool areas. Try to spend as much time indoors as possible on very hot and humid days

Dress to Protect

Dress in light-colored, lightweight, loose-fitting clothing on hot days. Protect children from the sun by having them wear a hat and sunglasses.



Congratulations to Zenaida Campbell on becoming a Fellow of the American Academy of Orthopaedic Manual Physical Therapists. Zenaida has been working on her fellowship for 3.5 years and now joins an elite group of Physical Therapists who have completed this rigorous program. Her fellowship has equipped Zenaida with the skills to effectively and efficiently listen to a patient’s chief complaint(s) and treat them from an orthopaedic and neurological standpoint. Her fellowship has also fine-tuned her manual hands-on skills to help get her patients back to their REALself much sooner. We are so proud of Zenaida and this momentous accomplishment and are fortunate to call her part of our REAL family.

4910 Golden Quail, Ste. 140
 San Antonio, TX 78240
 P: 210.561.8186
 F: 210.561.8690
www.RealPT.com

Don't forget to share your REAL experiences with others:

