

## Meet Our Staff

**Lisa Blas, PT, OCS, Cert. MDT**

Owner, Physical Therapist

**Nadia A. Nava, PT, MS, DPT**

Physical Therapist

**Stacy Hildreth, PT**

Physical Therapist

**Kristin Kugler, DPT**

Physical Therapist

**Kelsey Comstock, PTA**

Physical Therapist Assistant

**Ellie Alt, PTA**

Physical Therapist Assistant

**Cindy Volkosh, PTA**

Physical Therapist Assistant

**Rachel Kroening, Marissa Bechtold, Emily Hayden, Julie Buerger, and Courtney Garlock**

Physical Therapy Aides

**Annette Biondo**

Office Manager

**Amy Greenwald, Danielle Amyotte and**

**Cassandra Vacanti**

Receptionists

**Julie Finley**

Patient Representative

**Joe Biondo**

Building Maintenance

## A Note From Lisa

**"You can do anything if you have enthusiasm. Enthusiasm is the yeast that makes your hopes rise to the stars. With it, there is accomplishment."**

*-Henry Ford*

## How to avoid heat-related illnesses

To keep it cool during hot-weather exercise, keep these basic precautions in mind:

**Take it slow.** If you're used to exercising indoors or in cooler weather, take it easy at first. As your body adapts to the heat, gradually increase the length and intensity of your workouts. If you have a chronic medical condition or take medication, ask your doctor if you need to take additional precautions.

**Drink plenty of fluids.** Your body's ability to sweat and cool down depends on adequate rehydration. Drink plenty of water while you're working out — even if you don't feel thirsty. If you're planning to exercise intensely or for longer than one hour, consider sports drinks instead. These drinks can replace the sodium, chloride and potassium you lose through sweating. Avoid drinks that contain caffeine or alcohol, which actually promote fluid loss.

**Dress appropriately.** Lightweight, loose fitting clothing promotes sweat evaporation and cooling by letting more air pass over your body. Avoid dark colors, which can absorb the heat. A light-colored hat can limit your exposure to the sun.

**Avoid midday sun.** Exercise in the morning or evening — when it's likely to be cooler outdoors — rather than the middle of the day. If possible, exercise in the shade or in a pool.

**Wear sunscreen.** Sunburn decreases your body's ability to cool itself.

**Have a backup plan.** If you're concerned about the heat or humidity, stay indoors. Work out at the gym, walk laps inside the mall or climb stairs inside an air-conditioned building.

**Advantage Physical Therapy's  
4<sup>th</sup> Annual Wiffleball Tournament**  
was held June 19<sup>th</sup>. There were 16 teams and we raised  
over \$2400 for the American Cancer Society

**Advantage Physical Therapy's  
Spring into Summer 5k**  
was held June 25<sup>th</sup>.

Over 150 registered for the event.

**Congratulations go out to:**

**Overall Male Winner – Anthony Cinotti 17:03**

**Overall Female Winner – Amy Fakterowitz 18:46**

Thanks to all for your help and support. Together we donated  
\$4500.00 to the Dream and Believe Foundation.

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**"I toss and turn all night and you won't count that as an eight-hour aerobic workout?!"**

## Ask the Therapist

**Question:** How much water should I drink every day?

**Answer:** Here are some rules to follow:

**Replacement approach.** The average urine output for adults is about 1.5 liters (6.3 cups) a day. You lose close to an additional liter (about 4 cups) of water a day through breathing, sweating and bowel movements. Food usually accounts for 20 percent of your total fluid intake, so if you consume 2 liters of water or other beverages a day (a little more than 8 cups) along with your normal diet, you will typically replace your lost fluids.

**Eight 8-ounce glasses of water a day.** Another approach to water intake is the "8 x 8 rule" — drink eight 8-ounce glasses of water a day (about 1.9 liters). The rule could also be stated, "Drink eight 8-ounce glasses of fluid a day," as all fluids count toward the daily total. Although the approach really isn't supported by scientific evidence, many people use this easy-to-remember rule as a guideline for how much water and other fluids to drink.

**Dietary recommendations.** The Institute of Medicine advises that men consume roughly 3 liters (about 13 cups) of total beverages a day and women consume 2.2 liters (about 9 cups) of total beverages a day.

**Even apart from the above approaches, if you drink enough fluid so that you rarely feel thirsty and produce 1.5 liters (6.3 cups) or more of colorless or slightly yellow urine a day, your fluid intake is probably adequate. If you're concerned about your fluid intake, check with your doctor or a registered dietitian. He or she can help you determine the amount of water that's best for you.**

### **ADVANTAGE PHYSICAL THERAPY**

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**Visit our website:**

**[www.advantagephysicaltherapy.org](http://www.advantagephysicaltherapy.org)**

## **Aquatic Therapy**

Aquatic therapy or pool therapy consists of an exercise program that is performed in the water. It is a beneficial form of therapy that is useful for a variety of medical conditions. Aquatic therapy uses the physical properties of water to assist in patient healing and exercise performance.

One benefit of aquatic therapy is the buoyancy provided by the water. While submerged in water, buoyancy assists in supporting the weight of the patient. This decreases the amount of weight bearing which reduces the force of stress placed on the joints. This aspect of aquatic therapy is especially useful for patients with arthritis, healing fractured bones, or who are overweight. By decreasing the amount of joint stress it is easier and less painful to perform exercises.

The viscosity of water provides an excellent source of resistance that can be easily incorporated into an aquatic therapy exercise program. This resistance allows for muscle strengthening without the need of weights. Using resistance coupled with the water's buoyancy allows a person to strengthen muscle groups with decreased joint stress that can not be experienced on land.

Aquatic therapy also utilizes hydrostatic pressure to decrease swelling and improve joint position awareness. The hydrostatic pressure produces forces perpendicular to the body's surface. This pressure provides joint positional awareness to the patient. As a result, patient proprioception is improved. This is important for patients who have experienced joint sprains, as when ligaments are torn, our proprioception becomes decreased. The hydrostatic pressure also assists in decreasing joint and soft tissue swelling that results after injury or with arthritic disorders.

Lastly, the warmth of the water experience during aquatic therapy assists in relaxing muscles and vasodilates vessels, increasing blood flow to injured areas. Patients with muscle spasms, back pain, and fibromyalgia find this aspect of aquatic therapy especially therapeutic.

It is important to know however, that aquatic therapy is not for everyone. People with cardiac disease should not participate in aquatic therapy. Those who have fevers, infections, or bowel/bladder incontinence are also not candidates for aquatic therapy. Always discuss this with your physician before beginning an aquatic therapy program.



*Check us out online:*

**[www.advantagephysicaltherapy.org](http://www.advantagephysicaltherapy.org)**