

Newsletter

June/July 2007

Help Your Knees

Injuries to the knee are common, especially in the active population. Here are some tips to make things easier on your knees:

- Keep trim to decrease knee strain, lowering the risk for injury and osteoarthritis.
- Stay Strong-weak muscles are the leading cause of knee injuries. Try hamstring curls, knee extensions, and leg presses.
- Stretch them- tight muscles lead to injury.
- Switch activities- try swimming or water aerobics for low-impact activities vs. high-impact activities such as running.
- Wear proper gear- choose appropriate footwear for the activity and make sure it fits well. Use knee pads when appropriate.
- Rest up during workouts or heavy chores to prevent fatigue.

Shoe Advice

The majority of women wear shoes that are too

small or too narrow, causing foot pain. Foot deformities resulting include bunions, hammer toes, pinched nerves, heel pain (plantar fasciitis), calluses, and ingrown toenails.

How should they fit? Shop for shoes at the end of the day when your feet are largest, fitting the shoe to the larger foot. Make sure a thumb's width is between the shoe and your toe. Most importantly, shoes should be comfortable. High heels are ok for special, short term occasions.

If you suffer from any of these problems, contact your doctor. Physical Therapy might be the answer for you.

Blood Pressure

A new study shows that taking blood pressure in the mornings at home can help predict a stroke risk more accurately than the doctor's office. The notion focuses on decreased opportunity for stress or dietary changes when taken within an hour of waking up. Take charge of your own health!

If you have family or friends that would be interested in receiving this newsletter please have them e-mail us. We would be happy to add them to our list.

DeKalb Office

Welcomes New Member

Rick Warren has joined the NRSMA staff for the summer. He is a student at Illinois State University and is completing his internship here to finalize his degree in Exercise Physiology.

"QUOTE" CORNER

"Work at something you enjoy and that's worthy of your time and talent."
-H. Jackson Brown, Jr.

Newsletter

June/July 2007

Summertime

Warm weather advice:

- ❖ Stay hydrated. If you feel thirsty, dehydration has already set in. Water is the best choice.
- ❖ Be aware of West Nile Virus. Attained from mosquitoes, symptoms include high fever, confusion, muscle weakness, and severe headaches.
- ❖ Use bug spray with DEET to help avoid Lyme disease. Lyme disease causes inflammation of the skin and spreads to the joints and can further spread to the nervous system and organs.
- ❖ Sunscreen application and reapplication is vital.
- ❖ Check moles once a month for their ABC's:

Asymmetry-the two sides should be mirror images

Border should be even

Color should be uniform

Diameter should not be larger than 6 mm or a pencil eraser.

Interesting Facts

- The omega-3 fatty acid DHA may help prevent Alzheimer's disease.
- The cost of treating heart disease in 2000 was \$62 billion. In 2004 it was \$90 billion.
- People with symptoms of depression are about 60% more likely to develop type 2 diabetes than those who don't have symptoms.
- After watching commercials for food, kids ate 84%-134% more than they ate after seeing toy commercials.
- The city with the cleanest air: Cheyenne, Wyoming. The dirtiest? Los Angeles

Managing Muscle Pain

Need ideas on ways to ease muscle pain after too much activity? Try the following ideas:

- Apply cold for the first couple days
- Take ibuprofen or use an ace wrap to decrease swelling
- REST for a few days
- Improve lymphatic flow by ingesting foods such as green, leafy vegetables and green tea
- Massage the area
- Stretch and increase your flexibility. Try yoga.

In general, gently stretch a sore muscle to relax the tension out of the muscle.