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A PROPER WARM-UP IS KEY

As the summer begins, so does the excitement of outdoor activity. Baseball, tennis, and golf are all popular summertime activities in which people of all ages participate in each year. Whether you are an active player yourself or you just enjoy watching, there is an atmosphere about these games that draws us all in. When watching, we hear statistics about homeruns, strike outs, aces and the distance the ball is hit, however few details are ever given related to the extent of an injury or the required rehabilitative treatments.

Injuries to the elbow occur most commonly with these activities. Muscles of the forearm attach at the elbow, and therefore continuous snapping movements of the wrist and arm cause the muscles to be overworked. The repetitive motions of throwing and swinging cause stress to the elbow joint and result in many overuse type injuries. These injuries include sprains to ligament structures and strains of the forearm muscles. Signs of overuse injuries are tenderness, joint pain, swelling, and eventual decrease in range of motion. Treatment begins with rest from activity, and build into gentle stretching and exercises. Ice is also used to reduce swelling and pain.

No matter what activities you are involved with this summer, be sure to warm-up and stretch appropriately before you begin. Warming up allows the body to prepare for exercise and therefore reduces the risk of injury, therefore allowing you to have a fun and active summer.

CROSSWORD FUN

Enjoy a safe and active summer!



S	T	I	G	C	N	F	N	O	G	X	T
U	Y	U	S	B	A	O	M	L	H	J	L
M	S	F	K	Z	D	M	G	E	I	R	Q
M	C	N	I	W	Y	I	P	B	K	B	J
E	X	R	Y	G	P	W	N	I	I	D	E
R	E	S	U	L	T	S	C	K	N	Y	S
P	T	H	Q	E	R	U	R	E	G	G	I
W	V	O	L	S	L	I	V	K	S	N	C
D	A	D	V	E	N	T	U	R	E	D	R
C	N	J	K	L	A	W	B	S	M	T	E
O	B	H	O	Z	M	C	E	L	N	R	X
G	A	R	D	E	N	G	R	D	W	F	E

- ADVENTURE
- BIKE
- CAMPING
- EXERCISE
- GARDEN
- HIKING
- RESULTS
- SUMMER
- SWIM
- WALK

SUMMER CAMPS COMING SOON!

Join us for fun this summer!

Kindergarten Readiness Camp

provides extra assistance with school readiness skills, to prepare children for entering Kindergarten in the fall. These skills include using scissors, writing their name, and interacting with others.

Summer Adventure Camp is a social camp with activities including art projects, science projects, and collaborative indoor and outdoor games.

Camps run every week beginning in June and are inexpensive. Both will be lead by our Occupational Therapy staff, along with aids and volunteers. For a complete schedule and more information please contact our office at 992-4042.

What can you do now that you couldn't do before?

"My son's results are wonderful from his therapy here! He has become more confident in himself at school. His writing has come a long way since his first time here at Results. I can't say thank you enough!" - P.L.



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