



# Next Step Newsletter

Next Step  
Physical Therapy  
(516) 681- 8070

July, 2010

*Giving you information and answers to any physical therapy, health or fitness related questions*

## Learn to keep cool and exercise in the pool!

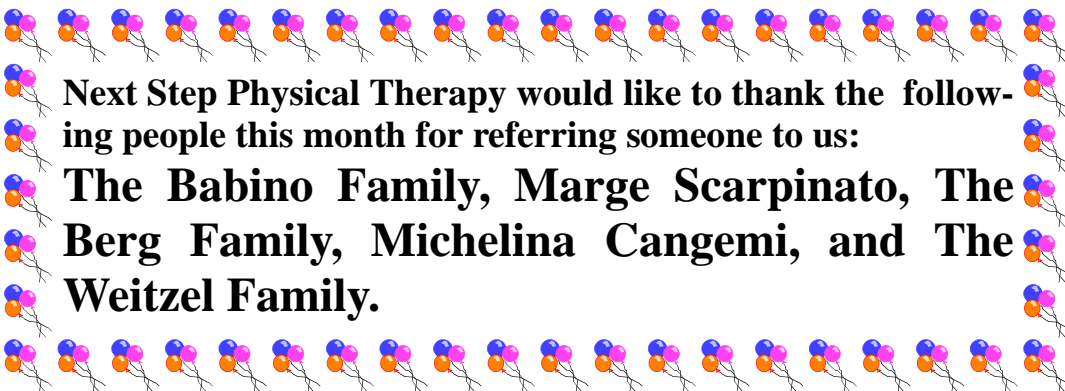
Now that we're in the middle of a scorching heat-wave, let's talk about using water to not only keep cool but to also exercise in. Some of you may have heard of water aerobics but many of you may not know that it's easy to do and can be done in a group or by yourself.

First of all, let's confine our exercise in a pool and not out in the ocean. Battling the waves can be exercise in itself, not to mention being potentially dangerous. It's important to note that you want to be in fairly deep water—about chest high is good. The reasoning is that the higher the water is the more of your own weight it (the water) can support. That's crucial for people who have arthritis. It also allows for you to do arm exercises without bending down to get them fully submerged.

Water also has a great advantage that air doesn't. It provides more resistance. Moving your arms and legs in the water is like lifting weight. Did you ever notice that the faster you try to move in water the more resistance there is. So if you want to make the exercise more difficult just move faster.

What types of exercise should you do? Here's the fun part—be creative. You can do any movements you want. Kicking in all directions, bouncing, jumping, walking,, splashing, swimming—do it all. Mix it up and have fun. You can swim laps or walk laps, or use a kickboard and just “kick” laps. You'd be amazed at how much of a workout you can get in the pool. If you enjoy it, do it every day for at least thirty minutes. If that's too much you can always rest on a float and enjoy the calming effects that floating on water can give you.

Now that we've talked about water exercises we have no excuses to exercise when it's too hot. If you have any questions about this please don't hesitate to call or email. This is truly an underutilized means of exercise that can be a lot of fun.



**Next Step Physical Therapy would like to thank the following people this month for referring someone to us:**

**The Babino Family, Marge Scarpinato, The Berg Family, Michelina Cangemi, and The Weitzel Family.**

### QUESTION of the Month:

S.P. asks... Should I choose swimming as an exercise if I had a shoulder injury??

Great Question! Swimming, as mentioned above, is a great form of exercise. If you have a history of a shoulder injury and it no longer causes you a problem my thoughts are that you should try it. If you develop pain, then stop. The freestyle, or “crawl” stroke, and the butterfly stroke are usually the most problematic for the shoulder and can often cause impingement if done improperly. Sometimes just changing to the side stroke or breast stroke can allow you to swim without any discomfort. Obviously if you do have discomfort you

### Updates

**Welcome to the Next Step Newsletter!**

**Win a pair of movie tickets!!**

**The first 2 people to call us with the answer to this question wins a pair of movie tickets.**

**Which swimming strokes are usually the most problematic for shoulders????**

- If you have a friend or family member that you think could use our help please let us know or have them call us.
- If you would like more information on any of the topics discussed here please give us a call.
- If you have a question that you would like to have answered (maybe in the next newsletter) please don't hesitate to call.
- What topics are you interested in and would like to see in the newsletter? Let us know.

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