



PRO THERAPY

Progressive Rehabilitation Orthopedic Therapy, Inc.

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Lake Havasu City, AZ 86403

Phone: 928• 854•4776 Hours: Monday - Friday 8AM - 5PM

The Water's Ready, Are You?

The weather is turning warmer and summer playtime is almost here. But are you ready to go along?

When the first warm days of spring hit, it's easy to dust off the toys, gas up the boat, and hit the water. Surely, six months off with no exercise has cured that nagging shoulder or back pain from last year. What better way to get ready for the season than jumping back into action without any exercise or preparation? **WRONG!**

We all take time to prep our toys for the water. Doesn't it make sense to get our bodies ready too? Whether you're doing 360's on your wakeboard, carving turns on a Connelly®, or just taking a cruise to Topock on your Waverunner®, you need to be ready.



1. Take an inventory of yourself. Is that shoulder and knee pain still nagging you from last year? If it is, odds are it won't go away without some medical attention.

2. See your physician or orthopedist to evaluate the injury and help determine a course of care to get you back in action.

3. Physical therapy is frequently prescribed as part of that course of care. The physical therapist can assist in your rehabilitation using exercise, stretching, manual therapy, and modalities specific to your injury. Your care should include a home exercise program to help you maintain the benefits of your care.

4. GO PLAY! There are 1,440 minutes in every warm summer day. Don't waste yours by staying on the beach. After all, shouldn't you play as hard as your toys do?

Disclaimer: This is for information only. Not to be used as medical advice. Consult your doctor for advice.

The staff at PRO Therapy has provided the above article or informational purposes only.



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