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Ozone pollution is a concern during the summer months because strong sunlight and hot weather result in harmful ozone concentrations in the air. Car-pooling, refueling in the evening, and avoiding long idle times in your vehicle are great ways to make a difference!



THE DOG DAYS OF SUMMER

The phrase *Dog Days* or the *dog days of summer*, refers to the hottest, most sultry days of summer. They are a phenomenon of the northern hemisphere that usually falls between July and early September.



the pads of their feet and by panting, so don't encourage exercise during the hottest part of the day.

So where did this funny phrase come from? The term "dog days" was actually used by the Greeks and ancient Romans. These days originally were the days when the star Sirius (also known as the "Dog Star") rose just before or at the same time as sunrise (heliacal rising), which is no longer true owing to precession of the equinoxes.

And never leave your pet in a parked car—not even if you crack the windows or park in the shade. On a 70°F day, the car temperature can rise above 150°F in minutes. This is the number one cause of heatstroke for pets.

So how can you keep yourself (and your four-legged friends) cool during these hottest summer days?

Keep in mind that your pets can get sunburned too. Shorthaired pets and those with pink skin are especially susceptible. Limit their sun exposure and provide a cool spot for them in the shade. For indoor pets, keep the air circulating. This is also a great time to head to the groomer for a haircut, which can relieve heat stress.

You should start by keeping your pets (and yourself) hydrated. Dogs can only sweat through

And always be mindful of where you walk your dog. Hot pavement can burn sensitive paws. Now's the perfect time of year to relax in the shade with your furry friends!

CHOOSE CHERRIES!

Cherries have been devoured for ages. They've even been enjoyed since the Stone Age—pits have actually been found in several Stone Age caves in Europe!



There are two main types of cherries: sweet and sour. If given a choice, choose the sour variety. Sour cherries are actually lower in calories and higher in vitamin C and beta-carotene. Montgomery cherries are the best known type of sour cherry. Most of them are canned for use as pie filling or sauce.

and moist. Flavor and texture both suffer at warm temperatures. Pick a handful of cherries at a time and only select the best. Good cherries should be large, glossy, hard, and dark-colored for their variety. Buy cherries with their stems on to ensure freshness.

When you're shopping for cherries this summer, look for those that have been kept cool

Cherries in good condition should last for a week in the fridge. However, since cherries taste great in so many meals and snacks, they shouldn't stick around too long. Add them to your favorite salad. Poach them and serve over frozen yogurt. With so many tasty cherry varieties out there, the sky's the limit!

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ACHIEVING BETTER BONE HEALTH

Osteoporosis, or thinning bones, is a serious condition that can result in tremendous pain with fractures. Risk factors for osteoporosis include aging, being female, low body weight, smoking, and some medications. Unfortunately, there are no symptoms of this bone disease until a bone is fractured.

Physical therapy, however, can help those with osteoporosis avoid injury. Physical therapy treatment for osteoporosis includes three principles: 1) avoid postures and movements that increase compressive forces on the vertebrae; 2) strengthen with emphasis on the postural extensor muscles; and 3) learn proper posture and biomechanics for activities of daily living such as lifting and bending.

All of these considerations are taken into account with osteoporosis because

of the fragility of the bones. Spinal bones are most susceptible to compressive forces.



“Slumping” and lifting with your back bent over and your knees straight are examples of poor posture/biomechanics. These positions put extremely dangerous forces on the vertebrae and can contribute to spinal compression fractures in a person with osteoporosis.

The above principles are easy to learn and need to become a habit for anyone who has osteoporosis. In fact, the same principles are good for anyone who wants to keep a healthy body and avoid injury. If you have any questions regarding these issues, please feel free to call the PTC staff.

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