



Performance
Physical Therapy

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Swimming – a perfect exercise for hot summer days



The hot, hazy and humid summer days can prevent many of us participating in our usual exercise routines, such as walking and running. So, now's the time to cool down, and give your joints a rest...go swimming! Swimming provides a great aerobic workout that's extremely gentle on all joints. It is appropriate for the elderly, pregnant women, injured, disabled as well as the top athlete.

Some points to consider when heading to the pool;

Pace yourself; Swimming is a great aerobic exercise that tends to use the arms more than other traditional aerobic exercises, so you may tire quickly, even if you have been participating in other forms of exercise such as walking, running or biking. So you will need to pace yourself, even if you have been active before swimming.

Sun Sense; If you are swimming outdoors apply sunscreen 20mins before entering the water, as you will be even more vulnerable to skin damage when in the water.

Hydrate; Even though you are in the water you must still hydrate appropriately. We recommend sipping a minimum 8-12 oz of water every 30 minutes. Try mixing water and a sports drink such as Gatorade, 50:50.



Got Pain? If you are experiencing discomfort, such as back pain or shoulder pain - it may be the result of flexibility or strength problems – these problems should be assessed by a physical therapist. Swimmers most common complaints are of the shoulder, and low back.

Enjoyed by all; The therapeutic effects of water make swimming an enjoyable activity for the entire family to enjoy.

Swim Slow? Get a lesson! Technique plays an important role in your ability to swim efficiently and effectively and in preventing injury.

Try different strokes; Don't just stick to your favorite stroke.

You will get added benefit and help prevent repetitive injuries by alternating strokes.

Take the next step; Become part of a triathlon team for a local event, or complete the entire triathlon yourself!

Other options; Swimming is not the only exercise you can do in the water. The buoyancy & resistive elements of water make this a great place for other flexibility, strength & conditioning exercises. Flotation belts, dumbbells and noodles can all be used in the water in such a way that the water provides both resistant's and assistants. Check out your local pool for water aerobics or speak with your physical therapist about the range of exercises that can be done in the water.

Pre-existing medical conditions and a sedentary lifestyle may negatively impact your exercise program. Please speak with your Physical Therapist or Physician before beginning a new exercise program.

The information on this page is provided to you from Performance Physical Therapy. It is not intended to replace any information/treatment provided to you by your health care provider. If you experience any pain while participating in this exercise, please contact your health care provider. Please feel free to check with your Physical Therapist if you have any questions about the information provided on this page.

We are here to help you reach your Peak Performance!

Ph: 401-726-7100 or 401-435-4540

6 Convenient Rhode Island Locations

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