



Welcome to our July edition of the Galloway Therapy Newsletter. We still need your help to name our monthly publication. Please submit your entry on the Galloway Therapy Facebook page. We will draw a name from those who entered for a \$5 Starbucks gift card. We love our patients and look forward to see your creativity come to life!

IMPORTANT DATES TO REMEMBER

The month of August is Admit You're Happy! Sometimes it isn't easy to admit we are happy when our bodies are tired and run down, but remember that Galloway Therapy can help you get results through physical therapy.

Summertime Injuries

A couple weeks ago in our blog, we discussed the many different summertime injuries that may plague individuals and families as the weather allows us the opportunity for outside activities. Today, we would like to

Visit us on Social Media for updates, blogs, fun trivia, contests, and more!



CASUAL COOKING WITH JOHN

Red Skin Potato Salad

- 2 lbs Red Potatoes
- 1 Stalk Celery (finely chopped)
- 6 Eggs
- 1 lb Bacon
- 1 Onion (finely chopped)
- 2 Cups Mayonaise
- Salt and Pepper to Taste



Boil Potatoes until tender but still firm. Drain and then refrigerate to cool. Boil eggs, then remove from heat and let cool for 10 minutes. Remove from hot water, peel, and then chop the eggs. Next, cook the bacon, crumble it and set it aside. Lastly, chop the potatoes and add all other ingredients in a large bowl. Mix and then refrigerate until ready to serve.

Subscribe to our Galloway Therapy YouTube Channel



GALLOWAY THERAPY BRINGS THE NEWS TO YOU...



concentrate on hydration. As your body loses more fluid than you take in, and high temperatures cause sweat glands to overwork, dehydration sets in. Dehydration can lead to decreased brain function, heat exhaustion or even a stroke. Some of the symptoms that you could experience with heat exhaustion include muscle cramps, heavy sweating, pale or cold skin, weakness/confusion, dizziness, headaches, nausea or vomiting, increased heartbeat, and dark colored urine. Heat exhaustion and strokes

can be prevented. Try to stay indoors when the temperature and heat index are high. However, if you have to be outside, then wear lightweight and light colored clothes. Use sunscreen and wear a hat or use an umbrella. One of the best ways to avoid dehydration and heat exhaustion is to drink plenty of water throughout the day. Stay away from caffeinated drinks such as coffee, tea, soda, and even alcohol. Take frequent breaks from the heat and outdoor activities. We hope that you are able to enjoy your summer and stay safe.

★ Fun Facts ★

World War I and the 1916 Polio outbreak, led to a national and international need for rehabilitation to treat disabled soldiers and children. The field provided career opportunities for women at the time, and in 1918 the term "Reconstruction Aide," was given to those practicing physical therapy.

Studies have shown that physical therapy can be as or more effective than surgery to address a range of knee and back conditions.

SCHEDULE YOUR APPOINTMENT TODAY

**4624 E. 43RD ST.
NORTH LITTLE ROCK, AR 72117**

(501) 319-7659

www.gallowaytherapy.com

Watch our new Promo Video Here!