

# CRAMPS

PREVENTED BY HYDRATION



## PREVENTING CRAMPS AND SIGNS OF DEHYDRATION

In the heat of the summer or during a mean basketball game, it doesn't take long to start sweating. Our body has a natural cooling system, but it is not without consequence. When we lose fluid, we also lose electrolytes. Too much fluid loss can lead to cramps.

The best thing to prevent cramps is to drink water. Typically 64 ounces of water (or eight 8 ounce glasses of water a day is sufficient), but that is not all you need. Water alone does not replace the electrolytes that you've lost. The best thing you can do is drink pickle juice. And sometimes just a small glass of pickle juice will restore the system in the most normal way.



## DEHYDRATION TEST

So there is an easy way to test if you are dehydrated or not. Simply take the back of your hand and pinch some skin for 3-4 seconds and let go.

Does skin bounce back quickly?

If it takes several seconds you are probably dehydrated and at risk for cramps.



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