

BenchMark[®]

PHYSICAL THERAPY

HYDRATION



Dehydration Risk Factors

- Increases risk of heat illness
- Pre-existing dehydration increases risk of injury
- Ritalin, Aderal, diuretics, antihistamines, beta blockers, and anti-cholinergics
- Energy, ergogenic, and dietary supplements
- Creatine

- * No fruit juice (or sugar drinks)
- * No caffeine
- * No alcohol
- * No carbonation

Am I Hydrated?

- 1: **Pre-exercise weight - Post exercise weight = pounds lost.**
2. **(Pounds lost/pre-exercise weight) x 100 = % weight loss for practice**
Result: Dehydrated if greater than 1%

Can I Practice?

- 1: **Pre-exercise weight - Pre exercise weight = pounds lost.**
2. **(Pounds lost/pre-exercise weight) x 100 = % weight loss for day**
Result: Normal Practice if % is less than 1%

Practice modifications if % is greater than 1%

If exercise is intense or greater than 4 hours, add 0.5 g of salt per liter of beverage

When to Drink What?



3 hrs prior to activity	17-20oz water
20 min prior to activity	7-10oz water (carbs if intense exercise)
Every 10-20 min during activity	7-10oz water (should be 6%-8% carbs if exercising longer than 45 min)

TIP!! Drink 24oz for every pound of weight lost