

HYDRATION

CREATE AN OPTIMAL ENVIRONMENT FOR SUCCESS

Simple choices can improve your performance

1 SIGNS AND SYMPTOMS

- Headache
- Dizziness
- Visual disturbances
- Mental confusion
- Loss of consciousness
- Nausea
- Cramps
- Loss of coordination
- Collapse
- Vomiting
- Dark Urine

2 IF YOU START TO EXPERIENCE SIGNS AND SYMPTOMS

- Remove yourself from sun and get into a cooler area
- Drink fluids
- Apply ice to cramping areas
- If symptoms increase, rapidly cool your body
- If symptoms continue, go to the nearest emergency care facility

3 PREVENT DEHYDRATION

- Two hours prior to exercise, drink at least 16 oz of fluid
- During exercise, drink about 8 oz every 20 minutes
- After workout, drink 24 oz per pound of body weight lost during workout
- Limit carbonated beverages and fruit juices during exercise
- Caffeine, alcohol and energy drinks increase risk of dehydration

HOUSTON
Methodist[®]
ORTHOPEDICS &
SPORTS MEDICINE

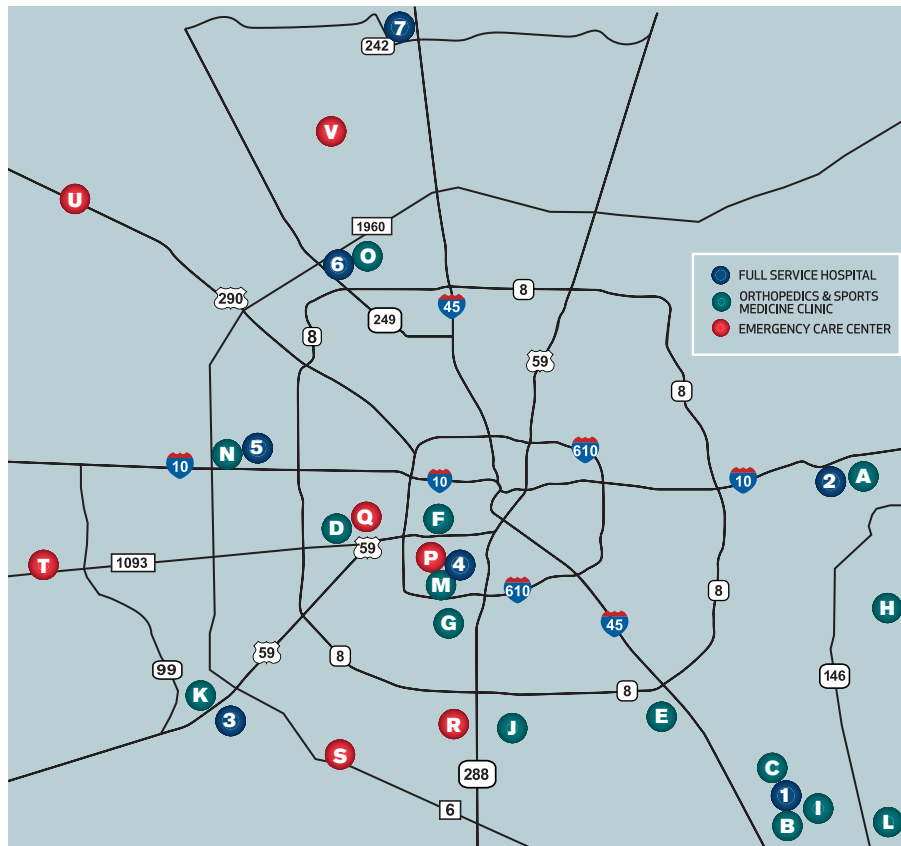


OFFICIAL HEALTH CARE PROVIDER

For more information, visit
houstonmethodist.org/orthopedics



HOUSTON METHODIST ORTHOPEDICS AND SPORTS MEDICINE



HOSPITALS AND FACILITIES

Houston Methodist's orthopedic services extend into the community to meet the needs of our neighbors. With locations throughout Greater Houston, Houston Methodist offers leading-edge treatment close to home.

HOUSTON METHODIST HOSPITALS

- 1 St. John**
18300 St. John Drive
Nassau Bay, TX 77058
281.523.2000
- 2 San Jacinto**
4401 Garth Road
Baytown, TX 77521
281.420.8600
- 3 Sugar Land**
16655 Southwest Frwy.
Sugar Land, TX 77479
281.274.7000
- 4 Texas Medical Center**
6565 Fannin St.
Houston, TX 77030
713.790.3311
- 5 West Houston**
18500 Katy Frwy.
Houston, TX 77094
832.522.1000
- 6 Willowbrook**
18220 State Hwy. 249
Houston, TX 77070
281.737.1000
- 7 The Woodlands**
Opening in 2017

ORTHOPEDICS & SPORTS MEDICINE CLINICS

- A Baytown**
4000 Garth Road, Suite 200
Baytown, TX 77521
832.556.7750
- B Bay Colony**
2401 FM 646 West, Suite D
Dickinson, TX 77539
281.337.1810
PT, OT only
- C Clear Lake Area**
16969 N. Texas Ave.,
Suite 100
Webster, TX 77598
832.667.5695
PT only
- D Fondren**
2500 Fondren Road,
Suite 209
Houston, TX 77063
281.690.4678
- E Friendswood**
415 East Parkwood
(FM 528)
Friendswood, TX 77546
281.648.4250
PT, OT only
- F Greenway Plaza — Timmons**
3100 Timmons Ln.,
Suite 120
Houston, TX 77027
713.441.8400
- G Houston Sports Park**
12131 Kirby Drive, Suite 200
Houston, TX 77051
713.441.3000
- H La Porte**
1309 West Fairmont Pkwy.,
Suite H
La Porte, TX 77571
281.867.1852
PT, OT only
- I League City**
2500 Marina Bay Drive,
Suite P
League City, TX 77573
281.523.3400
PT, OT only
- J Pearland**
2950 Cullen Blvd., Suite 101
Pearland, TX 77584
281.977.7445
- K Sugar Land**
1201 Brooks St.
Sugar Land, TX 77478
281.690.4678
1327 Lake Pointe Pkwy.,
Suite 425
Sugar Land, TX 77478
281.690.4678
- L Texas City**
1310 34th St., Suite D
Texas City, TX 77590
409.948.1217
PT, OT only
- M Texas Medical Center**
6560 Fannin St.,
Scurlock Tower, Suite 400
Houston, TX 77030
713.441.9000
6550 Fannin St.,
Smith Tower, Suite 2600
Houston TX 77030
713.441.9000
- N West Houston**
18400 Katy Frwy., Suite 200
Houston, TX 77094
832.522.2663
- O Willowbrook**
13802 Centerfield Drive,
Suite 300
Houston, TX 77070
281.737.0999

EMERGENCY CARE CENTERS

- P Houston Methodist Kirby Emergency Care Center**
2615 Southwest Frwy.,
Suite 140
Houston, TX 77098
713.441.3724
- Q Houston Methodist Voss Emergency Care Center**
1635 South Voss Road
Houston, TX 77057
713.441.3724
- R Houston Methodist Pearland Emergency Care Center**
11525 Broadway St.
Pearland, TX 77584
713.441.3724
- S Houston Methodist Sienna Plantation Emergency Care Center**
8200 Hwy. 6
Missouri City, TX 77459
713.441.3724
- T Houston Methodist Cinco Ranch Emergency Care Center**
26000 FM 1093 at Cinco Rose
Katy, TX 77494
713.441.3724
- U Houston Methodist Cypress Emergency Care Center**
Opening in Fall 2015
- V Houston Methodist Spring Emergency Care Center**
Opening in 2016

For more information, visit houstonmethodist.org/orthopedics