

Motorcycle Safety Awareness!

Dates to Remember

June 1st
Marilyn Monroe's Birthday

June 14th
Flag Day

June 17th
Father's Day

June 28th
Insurance Awareness Day

In this issue:

Motorcycle Safety

Hot or Cold?
How to treat your injury from Dr. Ben Baker

Welcome new PLG attorney Jared Stueckle!

It's motorcycle season! Unfortunately, as the number of motorcycles on the road goes up, so do the motorcycle accidents. Over 80% of motorcycle accident related deaths occur between April and September. Most of these accidents occur during the day in dry weather. Preventing these collisions is not only the responsibility of the bike rider, but drivers of standard vehicles as well. Here are 5 tips for drivers (and 5 for cyclists!) to remember in the coming months:

For cars:

1. Because of their size, motorcycles often appear farther away than they actually are.
2. A motorcycle may appear to be going faster than it actually is. Don't assume they are speeding!
3. Motorcyclists often slow by downshifting or releasing the throttle--leave more room because you may not see a brake light.
4. Motorcyclists often adjust lane positions to be better seen or avoid debris, don't assume they are doing it to show off.

And most importantly:

5. Look! Motorcycles are smaller and vastly outnumbered on the road. Check your blind spot and stay alert.

For motorcycles:

1. Observe all the laws of the road (seems obvious, but still important.)
2. Wear a helmet. It's the law in Washington State!
3. The top three errors for bikers: lane errors, drunk riding and speeding. Watch out for these common causes of accidents.
4. 50% of all motorcycle accidents are single vehicle--which means you have a good chance of getting yourself into a wreck.

And especially:

5. Take a safety course! This is the most important step you can take a motorcycles. In 2004, 84% of those killed in motorcycle accidents had not taken a course.

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Trivia Question 1:

In what Washington State city was Father's Day first celebrated?

Check out the inside for more trivia questions to win free Starbucks!



Hot

Avoid using HEAT when:

- Heat should never be used on acute (new) injuries until the swelling is under control. Heat draws fluids into tissues and can increase swelling and overall inflammation. A general rule of thumb is to avoid using heat on fresh injuries where you suspect inflammation.
- Do not use heat before strenuous exercise. The muscles run the risk of being too relaxed for the activities at hand.

Application

- The average amount of time to apply heat therapy is fifteen and twenty minutes. It takes heat a minimum of fifteen minutes to penetrate tissues deep enough to be therapeutic.

Moist heat penetrates the skin deeper than dry heat and will not dehydrate tissues.

Precautions

- Follow packaged instructions carefully. Heat has the ability to burn and injure tissues if used improperly or for too long of a duration.
- For steam heat, wrap hot packs in thick toweling to prevent scalding and control temperature
- Never use heat over insensitive skin without medical supervision

How to make a homemade hotpack:

Fill a cotton sock (tube sock works best) 3/4 of the length with rice, beans, seeds, or oats, and tie the end shut. Heat this sock in the microwave on a for 2 minutes. **Warning:** if cooked for too long it can catch fire. The pack will be very hot at first, so wrap it in a washcloth before you place it on your skin. As it cools, you can remove the washcloth. It will stay warm for about 15 to 20 minutes. You can use it many times. Add sage for a nice aroma.

Hot or Cold?

Dr. Ben Baker lets you know how you should be treating your injury at home.



Knowing whether to use ice versus heat for your aches and pains is crucial because they have opposite reaction in the body. If the wrong one is used it can aggravate an already sore area, while using the correct one will greatly assist in healing. This subject can be confusing because so many medical providers give conflicting advice. Heat does a very good job at relaxing muscles but also can increase localized inflammation which can escalate the pain levels in people who are already sore. Ice shrinks the swelling and inflammation but can also tighten up muscles and lead to spasms.

How do you know which modality to use?

Heat treatment reduces chronic aches and decreases stiffness in muscles and joints. This is accomplished by increasing tissue temperatures and adding blood flow. This is helpful because additional blood flow brings much needed nutrients to sore joints which can accelerate our bodies natural healing processes.



Trivia Question 2:

How many of the PLG attorneys are fathers (or fathers to be?)

Find more trivia and how to win on the back!

Cold



Heat therapy is usually applied with a moist or dry hot pack. Heat can also be applied with ultrasound or even done at home through the use of hot tubs.

Cold therapy (or ice therapy) is the treatment of choice for acute injuries for new injuries. These are new injuries where one suspects to have active inflammation. When applied immediately after an injury is most effective. When ice therapy is used correctly it reduces tissue damage by reducing the body's overall amount of inflammation produced. Cold therapy can also relieve myospasms, (spasms of the muscles) reduces post-exercise soreness, and stimulates circulation in areas of chronic discomfort.

Cold therapy can be applied with ice, ice massage, or commercial cold sprays.



Visit his website @ www.primespines.com to learn more about Dr. Ben.

When not to use cold

- Do not use over insensitive skin or in the presence of poor circulation.
- Elderly people, young children, and people with diabetes must be very careful with cold treatments. Ask your medical professional if you have any concerns if you are safe to use ice therapy as a form of treatment

Application

- The first 3 days after an acute injury you should only use cold treatments.
 - Many people want to use heat but this causes extra inflammation and will increase overall pain in the long run. Treatment time varies depending on several factors, including the size of the treatment area, the type of cold therapy applied, and the size of the individual. A very thin person requires less time with ice applied because the ice therapy can penetrate quicker than with someone who has more body mass. You can tell how long to use ice if you listen to your body and by monitoring the four stages of cold treatment: The first stage is an uncomfortable feeling; the second stage is a stinging sensation; the third stage is an achy feeling the fourth stage is numbness. It takes between five and fifteen minutes to reach all four stages.
 - For acute injuries, apply cold immediately for a minimum of 10 to 20 minutes. Repeat the cold application every 3 hours for the first 4 to 72 hours after an injury.
 - To reduce post-exercise soreness, apply cold immediately after exercise for 10 to 20 minutes.
 - For chronic discomfort, apply cold for a minimum of 10 minutes. Repeat as necessary.
- Understanding when to use ice versus heat can greatly improve your recovery from pain and soreness.

Dr. Ben Baker is a chiropractor who has chiropractic clinics in Bellevue & Kirkland. He specializes in treating people involved in car accident, people with sports injuries and those who suffer from chronic pain.

Jared Stueckle is a Washington native who received his undergraduate degree in Philosophy and Sociology from Central Washington University in 2004. After graduating, Jared moved to North Carolina, where he worked in a group home caring for adults with developmental disabilities. In 2006, Jared received his MA in Teaching from the University of North Carolina at Chapel Hill. Following his certification as a teacher, Jared taught high school social studies at East Chapel Hill High School from 2006-2007. Jared's work as a teacher led to a realization that he wanted to become an attorney, to fight for those seeking justice and to be a voice for those who would otherwise not be heard. While at Duke University School of Law, Jared served as Managing Editor on the Duke Journal for Gender Law and Policy, and also as a member of another journal, the Duke Environmental Law and Policy Forum. In 2010, Jared graduated from Duke Law and moved with his wife back to Washington in order to sit for the bar exam. Jared worked the last two years at Cole, Wathen, Leid & Hall, P.C., an insurance defense firm in Seattle, Washington. The newest member of Premier Law Group, PLLC, Jared is excited to advocate for the rights of the injured and wronged. When he is not working, Jared enjoys trying out new homebrew beer recipes and helping his wife prepare for the arrival of their first child, a boy, who is due in August. Jared and his wife also enjoy spoiling their pets: Badger, a happy-go-lucky black lab/terrier mix; and Puma, a cuddly and mischievous cat. **Welcome, Jared!**



Trivia Question 3:

True or False: Most people spend twice as much on Father's Day as Mother's Day.

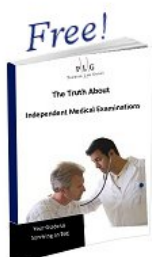


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