



Harbor Physical Therapy Fall Newsletter

Preventing Weekend Warrior Injuries

As the weather gets cooler, many of us increase our outdoor activities and sports on the weekends. Transitioning from little activity to a lot of activity can put extra stress on your muscles and joints.

Suddenly increasing your activity level can lead to muscle strains, sprains, joint pain, and other injuries that can put you on the sidelines.

The best way to prevent weekend warrior injuries is to prepare your body throughout the week. Try to stay active with regular exercise consisting of cardio vascular, strength, and flexibility training. Increase your activity gradually each week to avoid injury. Performing static stretches after exercise and sport also helps in injury prevention. Most importantly, remember to listen to your body as persistent pain is a sign to slow down rather than push through it. Take the time to prepare your body now, so you can keep doing the activities you love all season long.

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Flu Shots and Muscle Strains

It's that time of year when we all get our flu shots. For most people, it's a routine yearly occurrence that is quickly forgotten. However, some people continue to think about their flu shot when it results in lingering pain or a muscle strain at the injection site.

Flu shots are typically administered into the deltoid muscle on the outer aspect of the upper arm. While some soreness is a normal reaction to the vaccine, inflammation or tension in the muscle during the injection can sometimes lead to more persistent discomfort. Symptoms of a muscle strain may include soreness, limited range of motion, swelling, or pain that radiates down the arm. If your symptoms continue beyond a few days, physical therapy can help with targeted exercises, manual therapy, and other treatments. So, if you're still thinking about that flu shot after three days, it might be time to call Harbor PT!

Fall Into Better Sleep

As the days get shorter and routines change, fall is a great time to reset your sleep habits. Aim for a consistent bedtime and wake-up time, limit screen time before bed, and keep your bedroom cool, dark, and comfortable. Getting regular exercise during the day can also help improve sleep quality. Also, make sure to finish vigorous exercise a few hours before bedtime. Small changes to your daily routine can help you sleep better and wake up feeling more refreshed!