



Harbor Physical Therapy Summer Newsletter

Five Reasons to Start Swimming to Benefit Your Health

Swimming in the summer keeps you cool and will benefit your health in several ways. Here are 5 reasons to hit the pool this summer:

1. It offers a full-body resistance workout. In order to swim effectively, your body must incorporate the use of the muscles in your hands all the way down to your feet. The water offers resistance against the body that will help to keep your muscles strong.
2. It promotes cardiovascular and lung health. Swimming laps in the pool can improve your heart's ability to pump blood to the rest of the body and your lung capacity.
3. It reduces stress on the body and joints. Water provides buoyancy that lessens the impact of your body weight when swimming, providing a lower impact form of exercise than land based exercises such as running.
4. It can decrease pain. Water can have a soothing effect on aching muscles and joints. It also promotes increased joint range of motion and body movement that may be difficult to perform on land if you have chronic pain.

Swimming is good for all ages and fitness levels. Whether you are young or old, in shape or out of shape, swimming is a fun way to help you achieve your fitness goals and keep you healthy.

Why so Many Pickleball Injuries?

Pickleball is gaining popularity and many people are getting into the sport. It attracts people of all ages and fitness levels as it is the type of sport that can be played at different competitive levels. Pickleball is attracting people that are sedentary to get up and start playing. Of course, this is positive in that pickleball is getting people motivated to exercise but it also leads to more injury in people that are not physically equipped to start playing. In addition, pickleball involves going from standing relatively still to quick reactionary motions to get to the ball fast. This has led to a lot of achilles tendon ruptures, ankle sprains, and ankle fractures. If you want to get involved in pickleball, to avoid injury you want to make sure you warm up and stretch after play. In addition to that, you want to work on your overall strength and cardio fitness off the court to help prevent injury on the court.

How Long Does Sunblock Last?

Sunblock last approximately 2 hours as it's active ingredients break down with sweating and swimming. Remember to reapply every 2 hours!

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