



Harbor Physical Therapy's Fall Newsletter

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Six Injury Prevention Strategies to Avoid Injury During Your Next Backyard Football Game

With the Fall comes family holidays, football season, and backyard football games. Injuries can often arise due to the competitive nature of these games. Whether you are a seasoned athlete or the casual sport participant, here are injury prevention strategies:

1. **Stay Hydrated** – Hydration helps to prevent muscle cramps and strains, decreases the risk of overheating, and improves physical performance.
2. **Warm-Up** – Going for a walk or light jog and performing a few dynamic stretches before hitting the field prepares your body for the increased physical demands of the game.
3. **Proper Shoe Wear** – Wearing athletic shoes with proper foot support and good traction can help to prevent traumatic injuries from slips and falls.
4. **Safe Field Conditions** – Check the conditions of the field before playing. Try to avoid playing in grass that is slippery or muddy and uneven surfaces.
5. **Vary Positions** – Switching up who gets to be quarterback can help avoid overuse injuries in the shoulder that occur from the repetitive motion of throwing.
6. **Stay Fit** – Having an increased baseline of cardiovascular endurance and muscular strength will put you at a decreased risk of injuring yourself as your joints will have increased strength and stability. Making physical fitness a normal part of your routine is the number one way to prevent common aches, pains, and injuries.



What patients are saying....
“Professional, punctual, and helped me recover from my injury. Great all around!”

Scoliosis and Physical Therapy

Growing up, we all remember having the school nurse check our backs for Idiopathic Scoliosis; remember the nurse having you bend forward to touch our toes? Idiopathic scoliosis occurs early in life without cause and is monitored throughout school years. Later in life, one can develop degenerative scoliosis, a condition caused by degeneration of the spine due to aging. This occurs most often in people 65 years and older. Listed below are the signs, symptoms, and treatment of scoliosis.

- **Signs of Scoliosis:**
- Curvature of the spine, uneven shoulder height, or a more prominent shoulder blade.
- Asymmetry at the waist or hips.
- **Symptoms of Scoliosis:**
- Pain, stiffness, numbness, and weakness on one side of the body.
- **Treatment of Scoliosis in childhood:**
- Curve less than 20 degrees usually monitored year to year.
- Curve greater than 20 degrees may be treated with a brace or surgical intervention.
- Physical Therapy is a conservative option to decrease pain and improve function throughout the years.

Examples of Physical Therapy Treatment for Scoliosis:

- Address core and hip strength to improve stability of the spine and stabilize the progression of the curve.
- Improve muscle imbalances as a result of any curvature.
- Improve postural awareness.
- Improve flexibility through stretching, massage, and dry needling treatments.
- Pain management through use of ice, heat, and electrical stimulation.

Pumpkin Butter

Ingredients:

- 2 cups fresh pumpkin puree (1 small pumpkin steamed or baked and mashed)
- 1/2 tsp cinnamon
- 1/2-inch cinnamon stick
- 1 tsp allspice
- 1/4 tsp nutmeg
- 1/4 tsp cloves
- 1/4 cup juice (apple, cherry, or orange)
- 1/4 cup brown sugar
- zest and juice of one lemon

Directions:

1. Combine all of the ingredients in a saucepan.
2. Place the saucepan over medium-high heat. Bring to a boil, and then reduce to simmer. Cover with a lid.
3. Let simmer until the mixture has thickened, about 2 hours. Stir frequently with a silicone spatula, taking care to scrape the bottom of the pan, especially as it thickens. Be careful to not let the bottom burn.
4. Once it has thickened, remove from the stove and transfer to a glass or heatproof bowl. Allow to cool. (It will further thicken as it cools.)

This recipe is from Rebecca Rowland, our HPT Office Manager.



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