



# Harbor Physical Therapy Newsletter

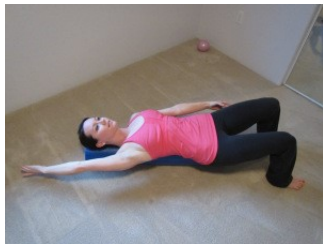
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## How To Use a Foam Roller to Improve Posture

Do you sit at a desk most of the day and experience upper back or neck tightness? Utilizing a foam roller can help decrease stiffness and muscular tightness, and help improve posture throughout the day. Check out these exercise below:



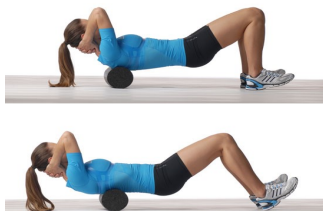
### Foam Roller Ballerinas

Perform with one arm or both arms at the same time. Lay on the foam roller with your head and back supported. Raise your arms forward and overhead until stretch is felt. Repeat 15-20 times.



### Foam Roller Snow Angels

Lay on the foam roller with your head and back supported. Raise your arms out to the side and overhead. Stretch should be felt in front of chest/shoulders. Repeat 15-20 times.



### Foam Roller Thoracic Spine

Perform to help massage the muscles in your upper back and decrease tightness.

## What is a Trigger Point?

Muscles can develop trigger points which can refer pain and cause dysfunction. Symptoms can range from intolerable agonizing pain caused by "active" trigger points, to painless restriction of movement and distortion of posture from "latent" trigger points. There are many mechanisms by which we develop trigger points. Some of those mechanisms include poor posture, injury to a muscle, muscle overuse, and repetitive stress overload. When pressed on, trigger points feel like "knots" or tight bands in the muscle, and are usually tender.

Physical Therapy helps to diminish trigger points. This is done through trigger point release, dry needling, massage, and posture re-education. Dr. David Reymann at Harbor Physical Therapy specializes in dry needling. If you are interested in dry needling, dry needling is covered through your health insurance or through HPT's offered wellness services.



## HPT has a new Yoga Instructor!

### JIMMIE GILMER

Jimmie's fitness training includes vinyasa yoga, power yoga, meditation, jiu-jitsu, and combat fitness.

We are currently creating classes based on when YOU want them! If you are interested in starting a fitness class at HPT, please email or call us!

### FIRST CLASS: Chair Yoga

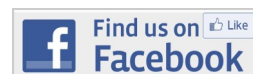
Tuesdays at 11:10 AM  
\$15/class

Try your first class for \$10!

### PT FACT:

Did you know the profession of physical therapy started as a female-only profession?

The American Women's Physical Therapy Association was founded in 1921. However, in 1922 the name of the organization was changed by dropping women from the title and men were allowed to join.



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Harbor Court Office Building  
575 South Charles Street, Suite 201  
Baltimore, MD 21201

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Fax: 410-752-8430  
E-mail: [info@machtmedicalgroup.com](mailto:info@machtmedicalgroup.com)