



Harbor Physical Therapy Newsletter

Fall 2020

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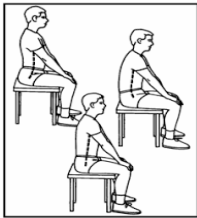
Do you Work Behind a Desk?

Be sure to vary your posture throughout the day!

As many are trying to establish their optimal work-from-home station during the pandemic, it's important to remember that postural variation and *movement* throughout the day are key to keeping your body healthy. Staying in any one position for too long can deprive your muscles of the blood flow they need to stay happy. As Dr. Scott likes to say: "Your next posture is your best posture!"

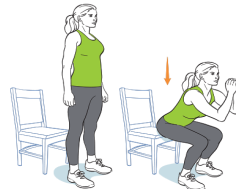
Here are a few tips to vary your posture and stay active during your workday.

1. Rotate through various postures every 30-60 minutes or whenever you feel tension, tightness, or pain developing in your back or neck. You can sit erect, lean to one side, or even slouch! The key is to not stay in any of these positions for too long -- listen to your body!
2. Place a towel roll in the arch of your back for added support. Feel free to change the position of the towel periodically as new areas crave the additional support.
3. Get up and move every 30-60 minutes. Set a timer if you need a reminder! Go for a short walk, march in place, or do a few stretches.
4. Try these 2 exercises periodically to keep your body moving.



Pelvic tilts: alternate arching and rounding your back 10 times while sitting. This is beneficial for your spine and back muscles as it keeps them from remaining stationary for too long.

Bodyweight squats: stand up and sit down from your chair 10 times. You may be surprised how much better this can make you feel! In addition to keeping your body moving, they can help combat afternoon fatigue.



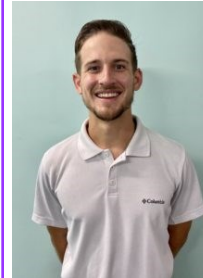
Written by Dr. Scott Newberry

Washing your hands the RIGHT way is important to prevent the spread of COVID-19. Check out these steps on how to wash your hands properly:

1. Wet your hands with water.
2. Apply soap to cover all surfaces of your hands and wrists.
3. Lather and rub your hands together scrubbing your hands, fingertips, nails, and wrists for at least 20 seconds.
4. Rinse your hands and wrists thoroughly.
5. Dry your hands and wrists.



HPT Welcomes Dr. Scott Newberry to our treatment team!



Dr. Scott received a Doctorate of Physical Therapy degree from Hardin-Simmons University in Abilene, TX, in 2016.

After starting his practice in Oregon, Scott moved to Baltimore in 2018, eventually joining the Harbor PT team in August of 2020. Scott has a passion for empowering patients to achieve maximal outcomes through a combination of education, exercise, and hands-on care. Every patient's goals are different, and Scott therefore strives to provide a highly individualized and collaborative therapy experience while still using the latest evidence to guide his practice. Outside of the clinic, you might find him running, cycling, or roasting a s'more at the nearest campsite.

Ask HPT and We Answer!

What is the difference between a N95 and a KN95?

A KN95 is the Chinese standard of a respiratory mask and a N95 is the US standard. Both are rated to capture 95% of particles. N95 tends to have straps around the head and KN95 have straps around the ears.



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