Harbor Physical Therapy Newsletter

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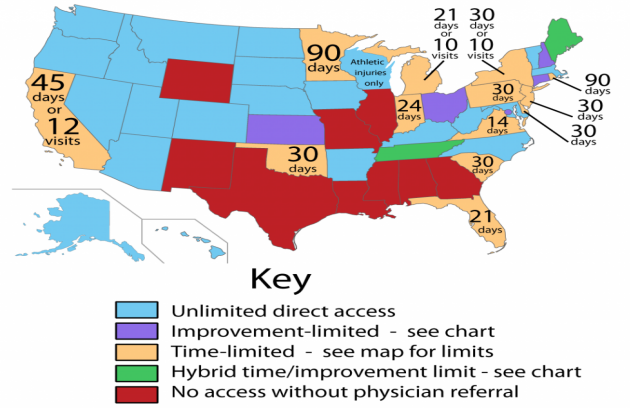
Can You See a Physical Therapist before Seeing a Doctor?

One common misconception about physical therapy is that you need a prescription from a physician in order to be seen by a physical therapist. The majority of states in the U.S. have some form of direct access and Maryland happens to be one with unlimited direct access. This means that you are legally able to go to a physical therapist without seeing a physician first.

Physical therapists receive extensive training in their graduate education that allows them to evaluate musculoskeletal and neuromuscular conditions, as well as complete a differential diagnosis for red flags that may indicate more serious medical conditions. Because of this education, a physical therapist can refer you back to your physician if it seems that further medical attention may be required. For the majority of conditions that do not require the intervention of a physician, this can save you time and money as you can avoid having to see multiple practitioners.

While the majority of health insurances do not require a referral for physical therapy in Maryland, there are still some that do. If you are unsure if your insurance requires a referral, call Harbor Physical Therapy at 443-524-0442 and we will let you know.

Direct access to physical therapy without physician referral by state



Why Does My Elbow Hurt?

Tennis elbow (lateral epicondylitis) is a common condition that is caused by repetitive over-use of the muscle mass on the outside of the forearm/elbow. Tendons of the wrist extensor muscle group attach the muscle to the bone and can become injured from overuse activities or increasing lifting activities too quickly. Tennis elbow is common in athletes, auto workers, painters, and plumbers.

Symptoms include pain or burning on the outside of the elbow and decreased hand/wrist strength. Treatment of tennis elbow involves stretching the muscles associated with the injury and increasing strengthening activities gradually to ensure decreased risk of re-injury. People may also use ice to help decrease pain and inflammation associated with the injury.

Many people with tennis elbow go to a physical therapist. A physical therapist will help to decrease your symptoms and get you back to your baseline level of function. A physical therapist will also determine what caused your symptoms and educate you on how to prevent this injury from reoccurring.

Join HPT, Charm City run and City Fit for a Free Wellness Event on 10/2/18 at 6:15 PM at HPT

Wellness Event includes:
FREE
Yoga Class
Circuit Training Class
Dry Needling Sessions
Injury Screenings
Running Gait Analysis

Call 443-524-0442 or email in-

fo@machtmedicalgroup.com to reserve your spot!

NEW at HPT

YOGA Lunch Express Class

Monday & Wednesday
11:30 AM– 12:20 PM

$15 per class

Taught by:

Amanda Wagner

registered yoga teacher

Find us on Facebook

ZocDoc
Get well sooner.

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