



# Harbor Physical Therapy Newsletter

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## How does Movement Help Injuries Heal?

If you've ever been to a physical therapist, you know that exercise is usually prescribed as the primary treatment for a number of injuries and conditions. Clearly exercise has numerous benefits, but it can sometimes seem counterintuitive to place resistance or load through an injured area -- doesn't it need time to rest and heal? The short answer to that question is generally yes, especially immediately following the injury; however, the *appropriate amount of movement and exercise can actually promote healing and recovery.*

Physical therapists are experts at identifying the type of body tissue that is injured -- whether muscle, tendon, cartilage, ligament -- and develop a treatment program that places progressive load through the injured part in an effort to force it to adapt and grow stronger. This promotes healing and shortens the length of time between injury and return to form. It also decreases the likelihood that the injury will happen again!

This article is a summary of a series of posts that you can find over on our Wellness Blog: <http://www.machtmedicalgroup.com/harborphysicaltherapy/blog/>.

## Did you Know?

- Only 1 in 3 children are physically active.
- More than 80% of adults do NOT meet the recommended physical activity guidelines.
- Only 6 states in the US require physical education for grades K-12.
- Children are averaging 7.5 hours of screen time per day.

**Let's take this spring to get outside and get active!**

## "Springing" Back into Exercise

Let's be honest, staying active and keeping a consistent exercise routine through the winter is tough, and the additional factor of an international pandemic definitely does not help. But hopefully with the decrease in ice and the increase in temperatures, we can spring back into daily physical activity. Starting an exercise program can sometimes be the hardest part so here are some tips and tricks on how to start off and keep your motivation high.

- Start small - whether you are new to exercising or picking up where you left off, it is important to start small and build your way up in order to avoid injury.
- Make it fun-- exercise isn't just running or lifting weights, find something that interests you! (Examples: yoga, cycling, Zumba, tai-chi, kickboxing).
- Team up-- exercising with other people can really help boost motivation to exercise. You can join a recreational club/team or just grab a few friends and do some group exercise.

## "Core" Focus

With summer being right around the corner, a lot of us are trying to get our "beach bodies" back. For a lot of people that means trying to get the ever sought after "6-pack" abs. When we physical therapists say we want to work on a patient's core muscles, patients often think of working the abdominals. But, the abdominals are actually only one group of muscles that make up our "core". Other muscles that make up our core include those of the hip/pelvis, and those of the upper, middle and lower back. All of these muscles work together to provide our bodies with the stability it needs in order to produce movement. It doesn't matter if you are working your upper body, lower body, chest, back, etc, the core is always involved in some capacity. Therefore, you shouldn't only work on core strength to get that 6-pack, but also to allow you to improve your overall performance of physical activity. So while all of those sit-ups will have some benefit, you should also explore exercises that target the other core muscles.

## Too Busy for Exercise?

One of the biggest reasons adults have for not getting the recommended amount of physical activity is not having enough time. While we Americans are as busy as ever, there is always time to get the body moving. Here are some ways to fit physical activity into even the busiest of days:

- Take the stairs.
- Park across the parking lot.
- Take a walk when on a phone meeting.
- Walk to a coworkers office to deliver a message rather than emailing them.



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