



# Harbor Physical Therapy Newsletter

## Spring 2020

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### Exercising at Home

As we are all spending more time at home due to the climate of the world today, it is important we keep up with our health and exercise. Good news!! You can achieve a full body workout in your home without any equipment. The key components to your home workout should include cardiovascular exercises, muscle strengthening exercises, and flexibility exercises. In this article, you will learn some example exercises in each of the 3 categories so you can get started on your workout routine during this staycation.

#### Cardiovascular exercises:

1. Running/Walking – taking a walk or run around the block for 15-30 minutes is a great way to start off your workout and warm up your muscles.
2. Aerobics/Dancing – Turn on some music and start moving. You can even coordinate your routine by doing the electric slide or cha cha shuffle.



#### Strengthening exercises:

1. Push-ups – using your own body weight as your resistance, this exercise allows you to work all major upper body muscle groups in one exercise. If this is too challenging for you, do wall-push ups instead.
2. Squats – using gravity as your weight to control your ascent back to the start position, this exercise works all major lower body muscle groups in one exercise. You can make this exercise harder or easier by how deep of a squat you perform.



#### Flexibility exercises:

1. Hamstring stretch – as we sit more often, our hamstring muscle gets tight throughout the day. This is a great stretch to do at the end of a workout and throughout your day. While standing, place your leg on an object in front of you with your knee straight. Hold the stretch for 20 seconds and perform 3 repetitions on each side.
2. Pectoralis Stretch – after performing a push-up exercise, it is beneficial to stretch your pectoralis muscle. A great way to stretch this muscle is by standing in a doorway. Place your forearms on each side of the door frame and step one foot forward until you feel a stretch across your chest. Hold for 20 seconds and perform 3



### Spring Exercise Tip!

Before you begin your workout, remember to do a 5 minute warm-up. A warm-up helps to prevent injury and gradually increases your heart rate to prepare for your workout.

A great way to warm-up is to try and mimic the exercise you are about to perform. For example, if you are going to play golf, do some back rotations, arm circles, and take a brisk walk.



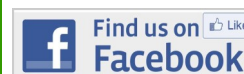
### PT Fact: Not all Outpatient PT Facilities and Therapists are created equal.

Outpatient PT facilities have different treatment philosophies. In addition, PT's have a different philosophy to treating patients. During your first appointment, it is important to ask questions about your plan of care.

If going to a "corporate-run" PT facility, they have rules and specific quotas that PTs must follow. So if you have a condition that requires more hands-on care, you may not get what you need. On the other hand, a PT facility owned/operated by a PT, like Harbor Physical Therapy, allows the PT to create a treatment plan of care based on each individual patients' rehab needs. Think about this next time you or a loved one is looking for a physical therapy facility.

### Proper Lifting Technique to Avoid Back Pain

Have you ever lifted something heavy and that night or the next day you pay for it by having back pain? Well, typically this happens due to lifting a weight that is too heavy and your body cannot support and/or lift with proper technique. Before you go and lift that item, take a couple seconds to set your body mechanics up to save you from back pain. Here is what you need to do: 1. **Get close to the object.** 2. **Separate your feet shoulder width apart.** 3. **Keep your back straight, hinge at your hips and bend your knees.** 4. **Extend your arms and pick up the object.**



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