



Harbor Physical Therapy's Spring Newsletter

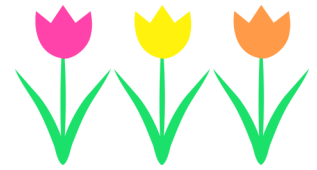
Spring 2017

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Ice Vs. Heat, Which One Do I Use?

First you need to determine if you have pain from an acute injury or chronic injury. An acute injury has a rapid onset and is short-lived. A chronic injury happens gradually and is long-lasting. For acute injuries, you should apply ice for 10-20 minute intervals several times a day for up to 3 days. For chronic injuries, you should apply heat for 15-30 minute intervals as needed. If you find your symptoms still persist after approximately 48 hours of heat/ice treatment, you should contact your physician or physical therapist for further treatment options.



Exercising with a Foam Roller

A foam roller is a great tool to decrease muscle tightness, improve flexibility, and improve muscle strength/stability. It is inexpensive and easy to use anywhere in your home. Listed below are the benefits of using a foam roller and examples of foam roller exercises.

1. To Decrease Muscle Tightness - Place the foam roller on a trigger point. You can either maintain pressure on the spot or perform gentle oscillations over the trigger point. Perform this self massage technique no more than 5 minutes per muscle.
2. To Improve Muscle Flexibility - Laying with your back on the foam roller, elongate your arms to stretch your pectoralis muscles.
3. To Improve Muscle Strength - There are many exercises you can perform on a foam roller to improve muscle strength. Laying with your back on the foam roller, alternate lifting your arms and legs. If you want a really challenging exercise, stand on a foam roller and perform a squat.



What is a Trigger Point?

A trigger point is a specific spot, located on a tight band of muscle, that is sensitive to the touch and painful. Usually you can feel a nodule or knot in the muscle itself. When you put pressure on the trigger point, it will feel tender and possibly radiate pain to another area. Trigger points are most commonly located in the muscles of the neck, shoulders, and upper back. They can manifest themselves in tension headaches, ringing in the ear, and jaw pain.

Causes of a Trigger Point:

1. Lack of exercise,
2. Sitting at a computer with poor posture,
3. Vitamin deficiencies,
4. Lack of sleep,
5. Micro trauma that occurs with sports and repetitive activities.

Physical therapists are trained to help inactivate trigger points. They will use modalities such as heat or ice, soft tissue massage, dry needling, ultrasound and stretching to help reduce pain and tightness at the site of the trigger point. During an initial evaluation at Harbor Physical Therapy with one of our doctorate level physical therapists, we will teach you how and why you are developing trigger points and provide you with specific exercises to get rid of your trigger point/pain.

Harbor Physical Therapy is hosting a
BOOT CAMP
taught by
CITYFIT

April 4, 2017

6:00 PM

Email or Call to RSVP

Strawberry Shortcake

Ingredients:

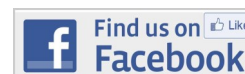
- 16 oz strawberries sliced
- 1/4 cup sugar
- 2 1/3 cups Bisquick Mix
- 1/2 cup milk
- 3 tbsp sugar
- 3 tbsp butter melted
- 1/2 cup whipping cream

Directions:

1. Heat oven to 425 degrees F. In a large bowl, mix strawberries and 1/4 cup sugar; set aside.
2. In medium bowl, stir bisquick mix, milk, 3 tbsp sugar and the butter until soft dough forms. On ungreased cookie sheet, drop dough by 6 spoonfuls.
3. Bake 10-12 minutes or until golden brown. Meanwhile, in small bowl, beat whipping cream with electric mixer until soft peaks form.
4. Split warm shortcakes; fill and top with strawberries and whipped cream.

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