



# Harbor Physical Therapy Newsletter

## Spring 2018

Publication brought to you by Harbor Physical Therapy, Baltimore, MD



### Return to Running Injury Prevention

As the weather warms up, you might be thinking about getting back to running or trying it for the first time. Here are some tips to decrease your risk of getting injured this Spring:

- 1. Ease into it:** Build up your mileage slowly. Start with short runs and spread it out over the week to gradually build up your endurance. You may want to try the alternating "walk-run" method at first if you do not have running experience.
- 2. Cross-train:** Performing other types of aerobic exercises such as swimming and biking will help you build up your cardiovascular fitness while decreasing the total amount of impact and stress on your body and joints.
- 3. Stretch:** Performing some dynamic stretches before you run will help warm-up and relax your muscles and decrease your risk of a muscle strain.
- 4. Strengthen:** Building up the strength and muscle endurance in your hips and legs will help to build stability and prevent your form from deteriorating as your mileage increases.
- 5. Choose the right shoe:** Make sure you are wearing running shoes that fit well and are not overly worn out. A general rule of thumb is to replace your shoes every 300-500 miles.



**HPT welcomes  
Dr. Holly Hibbard to  
our treatment team!**



**Call to book your appointment  
443-524-0442**

### Welcome Dr. Holly Hibbard to HPT!

Dr. Holly Hibbard received her Doctorate in Physical Therapy from the University of Maryland, Baltimore and received a Bachelor of Science Degree in Integrative Neuroscience from Binghamton University while working as an ACE Certified Personal Trainer in their athletic facilities. Dr. Holly enjoys working with patients of various diagnoses and believes in focusing on individualized treatment to assist each patient on their road to recovery. She has focused her training on sport injuries, post-operative patients, and vestibular rehabilitation. In her spare time, Holly enjoys lifting weights, yoga, hiking, and spending time with friends and family!

### Spring Cleaning Tips

Planning on doing some spring cleaning? Here are some tips to avoid injuries while participating in lifting activities at home!

**Lift with your legs.** Avoid rounding forward to pick up heavy objects from the floor as this puts your back at an increased risk for injury. Instead, bend with your legs and keep your back in a straight/neutral position when lifting. This allows you to use the muscles in your legs to lift and decreases your risk of injury.



**Engage your core.** Keeping your belly button pulled in toward your back will help engage your abdominal muscles that support your back. In addition, it is good to breathe out while performing the lift to ensure you are not holding your breath during heavy lifting.

**Widen your base of support.** Plant feet about shoulder distance apart or kneel close to the floor to prepare for lifting (depicted in the image right). This gives you more stability and allows for better mechanics while lifting. This will ensure you are utilizing your legs to lift heavy objects instead of placing increased stress on your back.



Always ask for help if something is too heavy for you to lift with good body mechanics. And unless cleared by your doctor, avoid heavy lifting if you have a known heart condition or other medical conditions that prevent you from safely performing this activity.

### Strawberry Spinach Salad

#### Ingredients:

- 2 tbsp sesame seeds
- 1 tbsp poppy seeds
- 1/2 cup white sugar
- 1/2 cup olive oil
- 1/4 cup distilled white vinegar
- 1/4 tsp paprika
- 1/4 tsp Worcestershire sauce
- 1 tbsp minced onion
- 10 oz fresh spinach
- 1 quart strawberries sliced
- 1/4 cup almonds, blanched and slivered

#### Directions:

1. In a medium bowl, whisk together the sesame seeds, poppy seeds, sugar, olive oil, vinegar, paprika, Worcestershire sauce and onion. Cover, and chill for one hour.
2. In a large bowl, combine the spinach, strawberries, and almonds. Pour dressing over salad, and toss. Refrigerate 10 to 15 minutes before serving.

*This recipe is from allrecipes.com.*



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