



Harbor Physical Therapy Newsletter

Summer 2018

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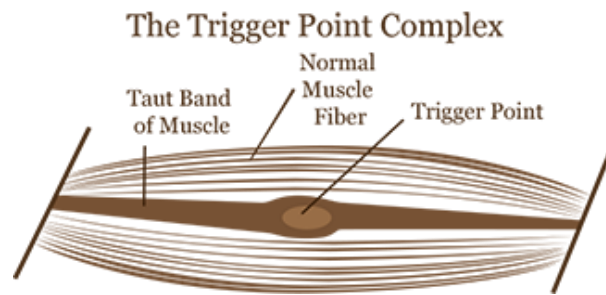
What is a Trigger Point?

A trigger point is a hyperirritable spot in a taut (stretched) band of muscle that is painful upon compression, stretching, or contraction of that muscle. Trigger points can cause pain locally or refer pain to wider areas further away from the trigger point. There are a variety of reasons why these develop; some common causes include overloading a muscle or sustained contraction of a muscle. This can occur if you sit with poor posture for long periods of time at work.

If you feel that you have trigger points or muscular pain, a physical therapist can help. Some strategies used to treat this include manual therapy, which may include trigger point release, dry needling, and deep tissue mobilization.

Other treatments include stretching and strengthening specific muscle groups to decrease muscular imbalances and to prevent muscular overcompensation.

At Harbor Physical Therapy, Dr. David Reymann is a certified myofascial trigger point physical therapist; this certification allows him to use dry needling to release trigger points. Dry needling is a treatment involving a thin, solid filament needle, used to target a painful trigger point. Dry needling is performed by the therapist inserting the needle into the trigger point to help release the tightness, stimulate blood flow, and promote relaxation to the aggravated muscle. Dry needling is used in conjunction with massage, heat/ice, and exercise to decrease your symptoms and prevent them from returning.



How to fit a work out into your work day?

You can improve your core strength without moving from your work station!!

Draw your navel (bellybutton) in towards your spine without elevating your chest.

Hold this contraction for 5 seconds and repeat 15-20 times each hour.

Soon you will notice more definition in your stomach muscles.



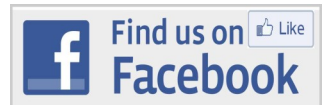
Sport Injury Statistics

According to the Consumer Product Safety Commission, these are the sports/activities that caused the most injury.

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|----------------------|---------------|-----------------|
| 1. Basketball | 5. Bicycling | 9. Soccer |
| 2. Baseball/Softball | 6. Sledding | 10. Skating |
| 3. Skateboarding | 7. Skiing | 11. Trampolines |
| 4. Football | 8. Ice Hockey | |

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