



# Harbor Physical Therapy Newsletter

## Winter 2017

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



### Snow Shoveling Safety Tips

Before heading outside to shovel the snow off of your driveway and sidewalks this winter, pay attention to these important safety tips to prevent injury.

1. **Choose the right equipment.** Ensure that the height of the shovel comes up to your elbows to avoid excessive bending at the back. Use a lightweight shovel to decrease the load that you must lift each time you pick the shovel up. Use a shovel that has a good grip to allow for a firm grasp.
2. **Warm up first.** Perform some light stretching or aerobic exercise to loosen up your muscles and prepare your body for increased physical exertion.
3. **Use proper lifting mechanics.** Bend at your hips and knees, engage your core muscles, and avoid excessive bending or twisting at the low back. Keep the snow close to your body to avoid increased stress on the back and shoulders. Avoid throwing snow over your shoulders to decrease risk for shoulder injury. Whenever possible, opt to push the snow rather than lift it.
4. **Pace yourself.** Shovel small amounts of snow at a time to exert less energy. Take breaks and shovel in short intervals to avoid overexertion.
5. **Stay hydrated.** Your body needs water to work efficiently and to prevent muscle fatigue and cramping. Drink water before, during, and after shoveling.

**\*\*Unless cleared by your doctor, avoid shoveling snow if you have a known heart condition or any other medical condition that may prevent you from safely doing so.**

If you do happen to sustain an injury this winter, the physical therapists at Harbor Physical Therapy can aid you in your recovery and help to prevent another injury from occurring.

### Tips on Staying Fit During the Winter

Winter weather is upon us! Even though temperatures are dropping, there are many options to continue exercising safely. If you spent the warmer months exercising outdoors, but continued making monthly membership 'donations' to your local fitness center, use this winter to redeem your money's worth of classes and workouts!

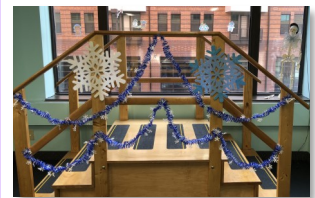
Gyms offer plenty of indoor cardio, conditioning, and strengthening exercise options. Most gyms also offer fitness classes if you like the group setting. If a gym membership is not your thing, there are also many exercise options online, TV on Demand, or on DVD.

If you still plan to battle the elements and exercise outdoors through the winter months, be sure to make use of warm, protective clothing. Proper footwear, warm socks, hats, gloves, and layers of clothing are all important! Also, remember that winter brings shorter hours of daylight, so use reflective gear whenever necessary! Always remember safety first and consider alternatives to outdoor exercise when icy or extra cold outside.



**Happy Holidays!**  
*From HPT*

**The HPT stairs and skeleton are ready for the holiday season!**



### Green Bean Casserole

#### Ingredients:

- 2 (14.5 ounce) cans green beans, drained.
- 1 (10.75 ounce) can condensed cream of mushroom soup
- 1 (6 ounce) can French fried onions
- 1 cup shredded cheddar cheese

#### Directions:

1. Preheat oven to 350 degrees.
2. Place green beans and soup in a large microwave-safe bowl. Mix well and heat in the microwave on High until warm. Stir in 1/2 cup of cheese and heat mixture for another 2 to 3 minutes. Transfer green bean mixture to a casserole dish and sprinkle with French fried onions and remaining cheese.
3. Bake in a preheated oven until the cheese melts and the onions just begin to brown.

*This recipe is from Allrecipes.com*



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