



Harbor Physical Therapy Newsletter

Winter 2019

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



Winter Sports Injury Prevention

Winter sports such as snowboarding, skiing, and ice skating have a high prevalence of injury. These injuries can include strains, sprains, dislocations, and fractures. If you plan on participating in any of these this winter, follow these precautions to avoid getting hurt.



1. Get in good shape by working on your strength and endurance prior to participating in these sports. Start to train at least a few months in advance.
2. Warm up beforehand as cold and tight muscles will be more prone to injury.
3. If you are new to the sport, take lessons from an instructor to learn proper techniques, proper form, and the best way to fall to minimize injury.
4. Stay hydrated by drinking plenty of the water before, during, and after activity.

Listen to your body. If you are in pain or physically exhausted, you are more likely to injure yourself if you try to push through it.

If you are wondering about more specific ways to prevent injury, the physical therapists at Harbor Physical Therapy can help by providing you with exercises specific to your sport and fitness level.

Harbor Physical Therapy Welcomes Dr. Chloe Smith to our PT Team!



Dr. Chloe Smith will start taking new patients on January 6th.

Dr. Chloe Smith received her Doctorate of Physical Therapy degree from University of North Carolina at Chapel Hill in 2017.

Stretches to Relieve Back Pain

Many people will experience lower back pain during the upcoming winter season. It may be from shoveling, decorating, or your usual daily activities. A common reason people experience lower back pain is due to muscle tightness. To help decrease muscle tightness, try these stretches below.

1. Lower Trunk Rotation– This stretch helps to decrease muscle tightness located at your lower back and upper butt region. Perform 10 repetitions and hold for 5 seconds each.
2. Single Knee to Chest stretch– This stretch helps to decrease pressure on your spine by creating flexion. Perform 4 on each side and hold for 30 seconds each.
3. Seated Hamstring Stretch– This stretch helps to increase hamstring flexibility. This will decrease the hamstring muscle from pulling on the back musculature causing pain.



If you continue to have pain, please contact Harbor Physical Therapy for a thorough evaluation to determine the source of your back pain and an appropriate plan of care.

PT Fact:

Did you know most health insurance does not require a referral for physical therapy?

Unless you have a HMO plan, most health insurances do not require you to get a referral from your doctor for physical therapy. Medicare also does not require a referral from a doctor for physical therapy.

If you are unsure whether you need a referral for physical therapy, feel free to call HPT and provide us your insurance information. We can check your benefit information to determine if a referral is required.



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