



# Harbor Physical Therapy Newsletter

Winter 2020

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



## 5 Tips for Staying Active this Winter

While the cold weather that comes with the winter season may make it harder to stay motivated to exercise, it is now more important than ever to stay active. Exercise helps to keep you healthy by boosting your immune system, which is particularly important during the current pandemic and the oncoming flu season. If you are not able to exercise inside this winter, here are some tips for braving the outdoors:

1. **Wear the right shoes** – Pick a shoe with a heavier tread to avoid slipping on ice, snow, or wet leaves. Fall prevention is extremely important when exercising outside.
2. **Wear the right clothes** – Wear layers of clothing to keep yourself warm. Aim to wear more than you think you will need. This way, you are able to remove layers if you become too warm.
3. **Stay hydrated** – It is easy to forget the importance of staying hydrated when exercising in the cold. Make sure you are drinking water both before and after you exercise.
4. **Make time for a warm-up** – Doing 5-10 minutes of brisk walking or dynamic stretching can help to increase blood flow and warm the muscles up to help prevent injury.
5. **Protect you extremities** – Wear a hat, gloves, and warm socks to help prevent the loss of body heat and to decrease the risk of frostbite.

## Winter Workout Challenge

**The American College of Sports Medicine's exercise guidelines are,**

*“All healthy adults aged 18–65 yr should participate in moderate intensity aerobic physical activity for a minimum of 30 minutes on five days per week, or vigorous intensity aerobic activity for a minimum of 20 minutes on three days per week.”*

**Can you meet the guidelines all winter?!?!?**

## Pregnancy and Back Pain: How PT can Help

Back, pelvic, and sciatic pain are common issues that a woman may deal with during pregnancy as her body changes to accommodate her growing baby. One cause of these issues includes an increase in hormones that leads to ligaments becoming more lax, which can then increase joint motion and decrease joint stability. Other causes include an increase in pressure from the baby, an increase in body weight, and postural changes. Additionally, it is not uncommon for some of these issues to persist post-partum, particularly issues related to the weakening of the core and pelvic floor muscles.

A physical therapist can help to treat pregnancy-related conditions by addressing spinal and pelvic joint dysfunction, muscle weakness and imbalances, and reviewing any necessary activity modifications with the patient. Treatment may include hands-on techniques to relax any increased muscular tension and working on core stabilization exercises to strengthen the muscles that may become weaker throughout the course of pregnancy and delivery. If you are suffering from pregnancy-related back pain, your PT will provide education on the best strategies to safely and effectively help you to manage and relieve your pain with your daily activities.

**HPT is OPEN**

for  
**In-Office & Virtual  
Appointments**

*What is a virtual appointment?*

A virtual physical therapy appointment is a one-on-one session with you and a HPT physical therapist. During a session, we observe your movement patterns through video technology. We can draw accurate conclusions as to what limitations you are having, and prescribe movement strategies to take away your pain and improve your function.

## COVID-19 and Physical Therapy

Many people are contracting COVID-19 and recovering. The presentation of symptoms is not the same for every person that contracts the virus. For more severe cases, the virus leaves lasting physical effects that can create difficulties performing your daily activities. Physical therapy can help to improve your cardiovascular function, strength, range of motion, and endurance to get you back to your normal daily activities without limitation. With virtual physical therapy also known as telehealth, you can start physical therapy right away from the safety of your home. Harbor Physical Therapy offers both in-person and virtual physical therapy; therefore, once you are safely able to leave quarantine you can transition into in-office physical therapy.



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