



Harbor Physical Therapy Newsletter

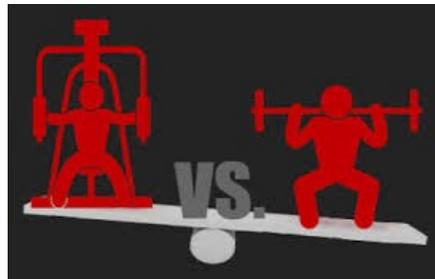
Summer 2019

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Free Weights Vs. Machines? Which Is Better To Use During a Workout?

Free weights include dumbbells, barbells, ankle weights, and pulleys. Free weights are used for a variety of exercises for the entire body. Exercising with free weights, allow you to perform weighted exercises in a functional motion. This not only strengthens the muscle you are contracting, it allows contraction of many different muscles to stabilize the motion. This is the main difference between using weight machines versus free weights. However, one needs to be careful using free weights because you are more likely to cause an injury due to the freedom of motion.



Machines at the gym provide more structure. Usually machines focus on one part of the body at a time and provide support for the rest of the body. This insures isolation of a muscle contraction at the specific muscle group. Generally they provide diagrams on each machine that tells you how to correctly perform each exercise.

Ideally, one should incorporate both free weights and machines into your workout as they are both beneficial. If you are more prone to injury, using a machine will give you the ability to concentrate on one muscle group while resting other muscle groups. Free weights will allow you to utilize multiple muscle groups with only one exercise so you do not have to spend as much time exercising to work out all muscle groups. If you are unsure what muscle groups to focus on during your workout, contact Harbor Physical Therapy for a customized home exercise program.

**Do you want to start
a new exercise
program?
Do you want help
creating one?**

Look no further!

**The physical therapists
at HPT will create a
personalized home
exercise program based
on your fitness goals.**

Cost:\$40

**Call Harbor Physical
Therapy to learn more
about this wellness
service.**

PT Fact:

Did you know in the state of Maryland Physical Therapists have direct access.

What that means is a referral from a physician is NOT required before you see a physical therapist.

However, if your insurance companies requires a referral from your physician then you must get one for the service to be covered under your health insurance.

If you are unsure what your insurance requires, contact Harbor Physical Therapy for details.

How to Tell If you are Properly Hydrated

As we are doing more activities outside in the summer, we need ensure we continue to stay hydrated. Even if you are not moving, just sitting in the sun on a hot day can cause dehydration.



How do you know if you are hydrated enough?

A lot of people judge by thirst; however, being thirsty isn't the best indicator as it means you are already dehydrated. A good rule of thumb to tell if you are properly hydrated is to pay attention to the color of your urine. Pale and clear urine means you're well hydrated. Dark urine means drink more fluids. Drinking water is the best way to stay hydrated. Also, certain foods include a high percentage of water, such as fruits and vegetables.

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