



Harbor Physical Therapy Newsletter

Winter 2018

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



Proper Shoveling Mechanics

As winter approaches, we need to prepare for the possibility of needing to shovel snow. Many people suffer from lower back injuries or increased lower back pain due to poor shoveling mechanics. To help decrease the risk for lower back pain and injury, please read the tips below:

Warm-up:

Prior to shoveling, go for a five minute walk or perform some light stretching activities to decrease risk of injury.

Lifting mechanics:

1. Ensure you are keeping a neutral spine when pushing or lifting snow.
2. Hinge at your hips and bend with your legs instead of rounding through your lower back.
3. Use the muscles in your legs to do the heavy lifting versus your back. This will decrease the pressure placed on your lower back and decrease your risk of injury.
4. Avoid twisting at your waist to throw snow. Step your feet and pivot your whole body to decrease the torque placed on your lower back.

Take your time:

If you aren't used to lifting, it is important to take your time and lift smaller amounts of snow instead of trying to get the job done quickly. Trying to rush can lead to improper body mechanics that will put you at an increased risk of injury. Take breaks when you need them

Written by:
Dr. Holly Hibbard



Correct



Incorrect



Correct



Incorrect

How To Stay Motivated To Exercise in Cold Weather

Cold weather can make it difficult to stay motivated in our workout routines. Nevertheless, we shouldn't let the weather ruin the progress we have achieved. Here are some tips to help you stay motivated even in the cold weather:

- Sign up for some classes
- Workout with a trainer
- Find a gym buddy
- Make goals
- Mix up your playlist
- Buy some new workout clothes

YOGA at HPT

Regular Yoga:
Monday & Wednesday
11:30 AM

Chair Yoga:
Friday
1:30 PM

\$15 per class

Call 443-524-0442 or email
info@machtmedicalgroup.com
to reserve your spot!



Are you interested in Dry Needling?

Dr. David Reymann is a certified myofascial trigger point therapist at Harbor Physical Therapy.

Dry needling helps to decrease pain at muscle trigger points by using a thin needle.

This service is covered under health insurance or HPT has an out-of-pocket rate for \$55 per session.



ZocDoc
Get well sooner.

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