



# Harbor Physical Therapy's Winter Newsletter

December 2012

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



## Are you ready to start shoveling snow again?

Here are some best practices to decrease the likelihood of injury when shoveling snow.

1. Use an ergonomic snow shovel. One with a curved handle to keep your back straight while shoveling.
2. Make sure to bend your knees and hips while keeping your back straight, not rounded.
3. Keep the shovel close to your body. Push the snow instead of lifting the snow.
4. Scoop small amounts of snow at a time.
5. Pivot your feet in the direction you want to place the snow.

**Is it time to see a Physical Therapist?** If you have had discomfort at a joint or muscle for more than three days without any decrease in your symptoms. With most health insurances, you can schedule an appointment with a physical therapist right away. At your first physical therapy session, we will determine if you would benefit from additional consultation with a physician.

### Benefits of Massage

Many people receive massages to relieve stress and relax their mind and body. Physical Therapists use massage techniques, along with exercise, to achieve functional improvements. Physical therapists are trained to perform therapeutic massages to promote healing of an injury. It's important to remember that not all physical therapy patients receive massage. The use of massage techniques will vary based on your specific condition.

Some benefits of massage include increase joint flexibility, promotion of tissue regeneration, decrease in scar tissue, decrease in swelling, decrease in muscle spasms, relaxation of overused muscles, improve circulation, decrease mental stress, improve posture, decrease blood pressure, manage pain, and increase range of motion.

\* \* \* \* \*

**Have you heard?** Harbor Physical Therapy now provides therapeutic massage as part of our wellness service program. If you are interested in a 15 or 30 minute massage therapy session, please contact us at 443-524-0442 for an appointment.

### Preventing Osteoporosis

Bone loss can begin as early as age 35. Therefore, it is important to make sure your exercise program includes specific exercises that preserve and build bone. The most important exercises to decrease bone loss are weight-bearing. When you are performing weight-bearing exercises, your muscles and tendons pull on bone to stimulate bone growth. Running, jumping, tennis, basketball, dance, and aerobics are all activities that help build bone. If you are unsure what exercises to focus on, call Harbor Physical Therapy for a custom-made home exercise program. Our physical therapists will develop a home program to help you achieve your goals without needing specialized equipment or going to a gym.



### What patients are saying...

*"This is a great facility; I received excellent care and advice."  
~ Anonymous*

### Winter Day Bean Soup

#### Ingredients:

- 2 cups dried mixed beans
- 1 tbsp. salt
- 2 quarts water
- 2 cups diced ham or sliced sausage
- 1 large onion chopped
- 1 clove garlic minced
- 1 tsp. chili powder
- 1 28 oz. can tomatoes chopped
- 1 or 2 tbsp. lemon juice

#### Directions:

Rinse beans and cover with water and salt. Soak overnight. Drain and add 2 quarts of water and ham (or sausage) and simmer till tender. Add onion, garlic, chili powder, tomatoes, and lemon juice and simmer 45 minutes more. Season to taste with salt and pepper.

Need less time? For a quick soak method, cover beans with water and bring to a boil. Shut off heat and let stand 1 hr. and drain.

*This recipe can be found at Cooks.com*

Harbor Court Office Building  
575 South Charles Street, Suite 201  
Baltimore, MD 21201

**We're on the web!**  
[hpt.machtmedicalgroup.com](http://hpt.machtmedicalgroup.com)

Phone: 443-524-0442  
Fax: 410-752-8430  
E-mail: [info@machtmedicalgroup.com](mailto:info@machtmedicalgroup.com)