



Harbor Physical Therapy's Spring Newsletter

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



Tips to Minimize Back Pain in Sitting

1. Sit in a chair with a straight back. Use a small pillow or towel roll behind your back for extra support.
2. Sit with your knees slightly higher than your hips. Do not sit in oversized chairs or sofas.
3. Do not sit in the same position for a long time. Take a break and stretch.

Common Running Injuries

1. **Shin splints** – This can happen from a change of distance/intensity of your run and or lack of foot support. Rest and ice are recommended to help alleviate pain.
2. **Knee pain** – There are many reasons a runner can develop knee pain. Some reasons include muscle weakness, muscle tightness, and improper shoe wear. Rest and ice are recommended to help alleviate pain.
3. **Achilles tendonitis** – This can occur when you dramatically increase your workout. If you are having pain along the tendon at the back of the ankle, stop running, rest and apply ice. A tight and/or weak calf muscle can contribute to Achilles tendonitis.
4. **Hamstring strain** – This can result from the hamstring being weak and shortened. If you strain your hamstring, stop running and apply ice.
5. **Plantar fasciitis** – An inflammation of the tendon that runs from your heel along the underneath of your foot to your toes. This can result from calf tightness or poor foot support. Use ice on the bottom of your foot to relieve pain.
6. **ITB syndrome** – Your iliotibial band is a long band that runs down the outside of your thigh from your hip to your knee. With running, this band can cause friction on the thigh bone near your knee. Stretching of the ITB and ice are recommended to help alleviate pain.
7. **Stress fracture** – This is caused by cumulative stress on the leg or foot. If you are diagnosed with a stress fracture, you will need to take a few months off from running.

If you develop any of these conditions and the symptoms persist for more than a week, make an appointment with Harbor Physical Therapy for further evaluation.

When should I 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.

Differences Between Treadmill and Outdoor Running

Treadmill Running

1. Predictable running surface.
2. Treadmill belt assists leg turnover causing faster stride and you can adjust the incline.
3. Decreased proprioceptive training due to predictable surface.
4. Decrease likelihood of injury due to predictable surface.

Outdoor Running

1. Wind resistance increases your workload anywhere from 2% to 10%.
2. Unpredictable running surfaces increase your chance of injury.
3. Different running surfaces offer proprioceptive training to increase ankle stability.
4. Changes in running pace/stride due to climate changes.



What patients are saying...

“Results were better than I ever expected!”
~ Suzanne E.

Colorful Summer Coleslaw

Ingredients:

- 3 cups shredded green cabbage
- 3 cups shredded red cabbage
- 1/2 tsp. salt
- 1 slivered yellow pepper
- 1 pint halved grape tomatoes
- 1/4 cup chopped fresh basil plus small bunch of fresh basil leaves
- 1/3 cup mayonnaise
- 1/4 cup sliced scallions
- 1 tsp. cider vinegar

Directions:

In a colander, toss cabbages and salt. Set aside for an hour. Squeeze cabbage with paper towels to remove water and place in a bowl. Add yellow pepper, grape tomatoes, basil and scallions. Season to taste with salt and pepper. Toss with mayonnaise and cider vinegar.

This recipe can be found at myrecipes.com

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