



Harbor Physical Therapy's Summer Newsletter

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



Here is a great summertime pool workout!

Pool exercises put less stress on your joints than land exercises. Pool exercises strengthen your core muscles, upper and lower body muscles as well as your cardiovascular system.

Upper Body Exercises:

1. Place arms out to your sides while under the water and perform circles in each direction.
2. Place arms out in front of you under the water and perform circles in each direction.
3. Place arms down by your sides under water and raise toward the surface and back by your side.
4. Place arms under water in front of your thighs and raise toward the surface and back down.
5. Put arms out in front you palms touching under the water, spread arms apart and back together.

Core Exercises:

1. Put a noodle around your upper back and under your arms in the deep end. Extend your legs straight down. Engage your stomach muscles, raise knees to your chest, hold and extend again.
2. Lie on your stomach and hug a beach ball with your legs out straight. Roll to the side, then belly up and over to the other side until you have made a complete revolution.
3. Walk quickly up and down the pool

Lower Body Exercises:

1. Stand and kick one leg out to the side, repeat on the other leg.
2. Stand and kick one leg behind you, repeat on the other side.
3. March with high knees.
4. Stand in the shallow end and place one foot in front for a lunge. Also, you can step to the side for a side lunge.
5. Walking sideways and backwards is a good work out for your hips and legs.

You can begin with 10 of each of these and work up to 3 sets of 10 eventually for a good workout.

We are pleased to announce that HPT can be found on foursquare! Be sure to "friend us" during your next visit.



This is one hot summer!!

Remember Sunscreen!

What patients are saying...

*"I don't have back pain anymore, thank you!"
~ George H.*

Feta and Vegetable Rotini Salad

Ingredients:

- 3 cups tri-colored rotini pasta, cooked
- 1 cup Athenos traditional crumbled feta
- 1 cup halved cherry tomatoes
- 1 cup chopped cucumbers
- 1/2 cup sliced black olives
- 1/2 cup kraft zesty Italian dressing
- 1/4 cup chopped red onion

Directions:

Combine and refrigerate 1 hour.

Recipe from kraftrecipes.com

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.

How to Decrease the Likelihood of a Running Injury

Most running injuries are caused by overuse, overtraining, wearing the wrong shoes, and over-compensating for a muscle imbalance or biomechanical problem. Here are some ways you can prevent the likelihood of a running injury.

1. Gradually increase your mileage by no more than 10%.
2. Wear supportive shoes that are not worn out. Replace shoes every 300-500 miles or every 6 months.
3. Grass and woodland trails are the lowest impact surfaces to run on.

4. Stretch after you run to prevent your muscles from being too tight.
5. Cross train instead of just running. This way you will be strengthening various muscle groups and one particular muscle group will less likely get strained.

If you are unsure how to progress running safely to meet your goals, need help creating a stretching program, and or cross training programming, contact Harbor Physical Therapy for an appointment.

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