



# Harbor Physical Therapy's Fall Newsletter

September 2013

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



## Ways To Avoid Back Pain After Raking Leaves

1. Warm-up first. Take a 5-10 minute walk and move your arms in forward and backward circles.
2. To gather leaves, bend slightly at the knees and reach with your arms not your back.
3. Switch your lead arm on the rake to prevent muscle fatigue.
4. Wear supportive sneakers to prevent falls on slippery leaves and to decrease back strain.
5. Take frequent brakes to avoid overexerting back muscles.

### Can a Flu Shot Cause

#### Long Lasting Pain or Injury?

The short answer, absolutely! After receiving a flu shot, a small portion of people complain of pain in their upper arm/shoulder that lasts for several weeks or months. A theory of why this occurs suggests that the vaccine is being injected into the joint capsule or bursa that causes an inflammatory response.

For temporary pain relief, you can apply a heating pad to the shoulder/upper arm and then rest the arm. If after several days your pain still persists, you should contact your physician that provided you the flu shot. At that point, your physician might refer you to physical therapy.

What could physical therapy provide in a case like this? Physical therapy treatment is usually brief and can provide pain relief and increased range of

motion. With use of manual techniques such as massage and stretching, range of motion can be restored and pain decreased. Strengthening exercises can help to restore any weakness that has occurred from lack of use of the arm.

If you have experienced pain from a flu shot that is lasting longer than you expected, physical therapy can help facilitate healing of your muscles, tendons, and shoulder joint.

\*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.\*

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



**What patients are saying...**

*"I am finally back to running!" ~ Mike M.*

### Pumpkin Bread

#### Ingredients:

- 1 (15 ounce) can pumpkin puree
- 4 eggs
- 1 cup vegetable oil
- 2/3 cup water
- 3 cups white sugar
- 3 1/2 cups all-purpose flour
- 2 teaspoons baking soda
- 1 1/2 teaspoons salt
- 1 teaspoon ground cinnamon
- 1 teaspoon ground nutmeg
- 1/2 teaspoon ground cloves
- 1/4 teaspoon ground ginger

#### Directions:

1. Preheat oven to 350 degrees F (175 degrees C). Grease and flour three 7x3 inch loaf pans.
2. In a large bowl, mix together pumpkin puree, eggs, oil, water and sugar until well blended. In a separate bowl, whisk together the flour, baking soda, salt, cinnamon, nutmeg, cloves and ginger. Stir the dry ingredients into the pumpkin mixture until just blended. Pour into the prepared pans.
3. Bake for about 50 minutes in the preheated oven. Loaves are done when toothpick inserted in center comes out clean.

This recipe can be found at [allrecipes.com](http://allrecipes.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.

## Avoiding Back Pain After Cooking Thanksgiving Dinner

Are you not cooking Thanksgiving dinner because you are afraid of aches and pains .... despite everyone loving your food? If so, then here are some tips you can use to safely prepare your Thanksgiving meal without developing back pain:

- When lifting the turkey, hold the pan close to your body as you take it to the oven. Bend at your knees, not at your lower back, as you lower it onto the oven rack. When taking the turkey out, bend at your knees and pull the rack out keeping your back straight while lifting the turkey out. Keep the turkey close to you. Pivot your feet without twisting your back, to bring the turkey to the counter top.
- While peeling potatoes or slicing vegetables, you can prevent your back from hurting by either sitting down or by opening a lower cabinet door and setting one foot on the shelf. This takes weight off the back and prevents you from leaning forward as you work at the counter.
- When you are cleaning up after your meal and putting things into the dishwasher, limit bending forward. Kneel down and have someone hand you the dirty dishes, or bend at the knees and keep your back straight while lowering plates to the bottom rack.

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