



Harbor Physical Therapy's Winter Newsletter

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Ways to Decrease Arthritic Pain in Cold Weather

1. Dress warmly and be sure to wear gloves because finger joints get chilly quickly.
2. Consistently exercise because walking and range of motion exercises keep joints hydrated.
3. Exercising and relaxing joints in a warm pool.
4. Apply a heating pad to areas that typically cause discomfort for 15-30 minutes daily.



Ideal Body Positioning in Bed

Does pain wake you up at night? Getting a good night sleep is very important for your health. During sleep, our bodies naturally get into positions that shorten our muscles that can lead to pain. Here are some tips you can use to help prevent pain while you sleep:

1. For those side sleepers, place a pillow between your knees. Placing a pillow between your knees will relax the top hip and lower back.
2. Are you a back sleeper? If so, put a pillow under your knees. This simple technique will relax your lower back muscles by decreasing the overall arch in your back.
3. For those stomach sleepers, sleeping on your stomach creates a natural arch in your lower back which can tighten your lower back

muscles. Also, your head turns to one side and tightens the muscles in your neck. You may need to purchase a cervical orthopedic pillow that will help straighten your neck while sleeping. Most of these pillows have raised areas that fill in the curve of your neck and provide better support by keeping your neck aligned with the rest of your spine.

And remember, If none of these tips work for you, your muscles may already be too tight. Consider consulting with a physical therapist who could help manually decrease the tightness and pain of your muscles.

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...

"My back pain is gone! ~ Hilary S.

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.

Tips for Walking in the Snow and Ice

1. Wear boots or shoes with textured soles. Avoid shoes that have smooth surfaces.
2. Watch where you walk and avoid dark and shiny patches. Walking on snow gives you better traction.
3. Avoid being off-balanced by carrying things in your hands. Use a backpack and keep your hands out of your pockets so you can use them to balance yourself.
4. Take small, quick, shuffling steps if you are walking through an icy spot and keep your weight forward.
5. Remove snow quickly from your steps before it turns to ice. Use a product like ice melt on your steps.
6. Avoid walking in shaded areas where ice is more likely to build up.

10 Activities to Stay Fit in the Winter

- Take a Spin Class
- Take Dance Lessons
- Play Dodge Ball
- Swim Laps (indoor pool)
- Take Yoga
- Ice Skate
- Jump Rope
- Play Racquetball
- Take Kick Boxing
- Go Indoor Rock Climbing

Slow Cooker Beef Stew

Ingredients:

- 2 pounds beef stew meat cut into 1 inch cubes
- 1/4 cup flour
- 1/2 tsp salt
- 1/2 tsp ground pepper
- 1 clove garlic minced
- 1 bay leaf
- 1 tsp paprika
- 1 tsp Worcestershire sauce
- 1 onion chopped
- 1 1/2 cup beef broth
- 3 potatoes sliced
- 4 carrots sliced
- 1 stalk celery chopped

Directions:

1. Place meat in slow cooker.
2. In small bowl, mix together the flour, salt and pepper.
3. Pour over the meat and toss to coat.
4. Stir in all other ingredients.
5. Cook on low for 10-12 hours or on high for 4-6 hours.

This recipe can be found at allrecipes.com

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