



Harbor Physical Therapy's Spring Newsletter

April 2014

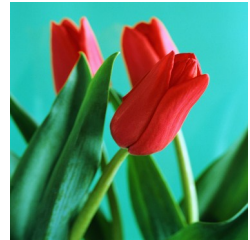
Publication brought to you by Harbor Physical Therapy, Baltimore, MD



Do You Suffer From Morning Heel Pain?

The most common cause of morning heel pain is plantar fasciitis. Listed below are some treatment options.

1. Replace worn out shoes and stop any excessive exercising or jogging until symptoms subside.
2. Use heat on the bottom of your foot followed by rolling a tennis ball underneath your foot for a few minutes for a self-massage.
3. Perform calf stretches and hold the stretch for 30-60 seconds.
4. End with some ice on the bottom of your foot for 10-20 minutes.



Spring Cleaning Tips

It's spring time! That means it is the time of year when people like to clean out their closets, garages and other areas of their house. Here are a few tips you can use to prevent injury with spring cleaning.

1. Test your load before you lift. If you think something may be too heavy, ask for help!
2. When lifting, bend at your hips and knees and use your legs to lift and lower objects.
3. When lifting and carrying, place the object centered close to your body. This will lessen the strain on your back.
4. Never bend and twist at the same time. If you lift an object, pivot your feet in the direction you want to take the object.
5. If you need to reach above chest level to clean a shelf or window, stand on a stable stool. Standing on the floor and reaching above your head causes your back to arch and can lead to a muscle strain.
6. It is best to push rather than pull.
7. While vacuuming or mopping the floor, keep one leg in front of you. Put your weight on that leg while you are pushing the vacuum and lean on your back leg when you pull it toward you.
8. Kneel or squat to clean in low places rather than lean over.

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 first visit was well-above my expectations!"
~ Rebecca S.

Strawberry Shortcake

Ingredients:

- 3 pints of fresh strawberries
- 1/2 cup sugar
- 2 1/4 cups flour
- 4 tsp. baking powder
- 2 tbs. sugar
- 1/4 tsp. salt
- 1/3 cup shortening
- 1 egg
- 2/3 cup milk
- 2 cups whipped heavy cream

Directions:

1. Slice strawberries and toss with 1/2 cup sugar.
2. Preheat oven to 425 degrees grease and flour 8" round pan.
3. In a medium bowl, combine flour, baking powder, 2 tbs. sugar, and salt. With pastry blender cut in shortening until it resembles coarse crumbs.
4. Make a well in the center and add the beaten egg and milk and stir.
5. Spread the batter in the pan. Cook for 15-20 minutes. Let cool.
6. Slice partially cooled cake in half, making 2 layers. Place 1/2 of the strawberries on one layer then place the other layer on top. Top with remaining strawberries and cover with whipped cream.

This recipe can be found at 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.

Warm Up Ideas Before Exercising

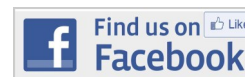
Before you exercise, you need to perform a 5 minute warm-up to get your blood circulating to prepare your body for the activity. Depending on your form of exercise, it is always good practice to mimic your exercise activity at a lower intensity for a warm-up. Below is a list of warm-up activities.

1. Walk slowly for 3-5 minutes
2. March in place for 5 minutes
3. Do 10-15 squats
4. Move your ankles in a circle and pump them up and down
5. Stand on one leg and swing the other back and forth
6. Move arms in circles in front of you and out to the side
7. Reach overhead several times
8. Put your arms out to your side and twist your body left and right

If you want a more aggressive warm up for running, you can perform jumping jacks, walk up and down stairs, or perform a fast pace walk to progress into a run.

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

We're on the web!
hpt.machtmedicalgroup.com



Phone: 443-524-0442
Fax: 410-752-8430
E-mail: info@machtmedicalgroup.com