



Harbor Physical Therapy's Summer Newsletter

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Summer Beach Exercises

Just because you are relaxing at the beach doesn't mean you can't exercise! Check out these beach exercises:

1. Running in the sand;
2. Beach sprints;
3. Sand squat jumps (Draw two lines and jump back and forth to them);
4. Diagonal runs (Put 6 markers in the sand and run diagonally to them);
5. Sit ups (Put your back to the water so you're at an incline and do sit-ups).



What patients are saying...

"HPT got me back to running!"

Ice Vs. Heat

ICE ICE BABY

Ice decreases pain and limits the amount of swelling that occurs immediately after injury. Ice is best for injuries that are less than 48 hours old, or any injury that continues to produce swelling.

HOW TO APPLY ICE

Cold packs should be applied for 10-20 minute intervals. Cold packs should not be put directly on the skin due to the risk of frostbite. To get added results for treatment of swelling, elevate the area being iced. No cold pack? Place a bag of frozen vegetables or bagged ice on the injured area instead.

TURN UP THE HEAT

Heat promotes muscle relaxation and is best used on postural muscles like those along the lower back, mid-back and neck. Muscle pain and

spasms are the most common symptoms treated with heat. Heat can also help with osteoarthritis to increase range of motion and decrease pain.

HOW TO APPLY HEAT

Use an electric or microwavable heating pad. Heat should be applied for 15-30 minute intervals. Be careful not to burn your skin and place a cloth layer between the heating pad and the skin. The first few times the heating pad is used, check the skin every 5 minutes to make sure there is no burning.

The setting on the heating device should be at the minimum level where you still feel heat. A higher setting is not better, just more likely to burn.

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



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.

Benefits of Cross Training

Most injuries are caused by over doing a single activity through repetitive motion. Cross training allows your body to be challenged in different ways with different activities. That new challenge recruits different muscles and/or the same muscles used in different ways.

Cross training helps to balance your muscle groups. When you participate in a specific sport, you are repetitively recruiting the same muscles. By cross training, you will strengthen/challenge different muscles and rest muscles used during your sport. Also, your fitness level will improve which will heighten your ability to perform your sport of choice.

Some examples of cross training activities are swimming, cycling, walking, rowing, yoga, water aerobics, running, boxing and ice skating.

Summer Lasagna

Ingredients:

- 1 pound ground beef
- 1/2 cup chopped onion
- 1/2 cup chopped green bell pepper
- 1/4 cup finely chopped carrots
- 2 cloves garlic, minced
- 1 (15 ounce) can tomato sauce
- 1/2 tsp dried oregano
- 1/2 tsp dried basil
- Salt and pepper to taste
- 5 medium zucchini, sliced lengthwise into 1/4 inch-thick strips
- 1 cup cottage cheese
- 1 egg, beaten
- 3/4 cup shredded mozzarella cheese
- 1/4 cup grated Parmesan cheese

Directions:

1. Preheat oven to 350 degrees. Lightly grease a medium baking dish.
2. In a skillet over medium heat, cook the ground beef until evenly brown. Drain juices. Mix the onion, green bell pepper, carrots, garlic, and tomato sauce into the skillet. Season with oregano, basil, salt, and pepper. Bring the mixture to a boil, reduce heat to low, and simmer 10 minutes, until vegetables are tender.
3. In the bottom of the prepared baking dish, layer 1/2 the zucchini strips. In a bowl, beat together the cottage cheese and egg, and spread over the zucchini. Scoop 1/2 the beef mixture over the cottage cheese and egg mixture, and sprinkle with 1/2 the mozzarella cheese. Layer with remaining zucchini, beef mixture, and mozzarella. Top with Parmesan cheese.
4. Bake 45 minutes and allow to sit 10 minutes before slicing.

This recipe can be found at allrecipes.com



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