



Harbor Physical Therapy's Fall Newsletter

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Sunday Funday Exercises

Here are some exercises to be performed during football game commercials...

1. Heel Toe Raises (sitting or standing) – Alternate between lifting your toes and your heels.
2. Sit to Stands – Sit down! Stand up! Repeat!
3. Chair "Salsa" Dips – Place arms on arm rest and feet on the ground. Push with your arms to lift your body up and down.
4. Wall Push-ups – Try as hard as you want, but that wall isn't moving. Still try!
5. Biceps "BEER" Curls – Save this for last as a reward for a great workout.



What patients are saying...

"Not only did HPT get rid of my pain, I learned how to keep it from coming back!"

Staying Hydrated

Since Fall is here, the colder weather is approaching. This makes it easier to forget about drinking enough water. Keeping your body well hydrated is essential for optimal performance and function.

Water is necessary for feeling energized, recovering from exercise, preventing muscle cramping, and lubricating joints. How much water you need to consume varies person to person, based on activity level and size. Here are a few tips for staying hydrated:

1. Take a water bottle wherever you go. This way you can continue drinking throughout the day instead of loading up on fluids all at once, which can make you feel bloated.

2. Drink before you feel thirsty. If you feel thirsty, you are already dehydrated.
3. Eat fruits and vegetables which, other than nutrients, contain a lot of water.
4. Avoid caffeinated beverages, which are diuretics and increase urination. This can lead to dehydration.
5. The more you sweat, the more fluids you will need to replace what is lost during activity or exercise. Be sure to check your urine color, if it is pale yellow, then you are well hydrated.

We are pleased to announce that HPT now offers massage services, running assessments, and personal training!



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 Fit Exercise Into Your Day

It is back to school time! That means busy schedules and the last thing on the "to do" list is exercise. Here are some tips on how to fit exercise into your busy schedule.

1. Make a schedule of all the activities you need to do during the week. Highlight the open times in your schedule. Even if you only find short periods of time here and there, it all adds up.
2. Plan your schedule the night before and get your gym bag ready or put dumbbells next to your bed.
3. Keep sneakers and a change of clothes in your car if you want to take a walk at lunch or if have access to a gym at work.
4. If you are short on time, create an exercise routine that involves using many muscle groups at the same time.
5. If you only have a short time to exercise, increase the intensity of your workout to get the most exercise in a short period of time.
6. Be creative, you can do lunges as you walk to your car, do push-ups or use dumbbells while waiting for dinner to cook, and squats while brushing your teeth.

Super Sweet Potato Salad

Ingredients:

1/2 cup dried cranberries

1 large Granny Smith apple, chopped into small chunks

3 large sweet potatoes

1 tsp Dijon mustard

2 Tbsp maple syrup

1/2 tsp cinnamon

3/4 tsp salt

3 Tbsp apple cider vinegar or red-wine vinegar

2 Tbsp canola oil

1/4 cup pecans

2 Tbsp orange juice

Directions:

1. Place sweet potatoes in a large pot. Add enough water to cover the potatoes. Cover the saucepan with a lid and bring to a boil over high heat. Reduce heat to medium-high and cook at a low boil until tender, about 10 minutes.
2. Check by poking potatoes with fork. (Speed rate of cooking by chopping potatoes into smaller chunks before putting in pot). Drain, transfer to large bowl, and let cool, about 5-10 minutes.
3. Meanwhile, whisk together the vinegar, orange juice, maple syrup, mustard, salt, and cinnamon in a bowl. Slowly whisk in canola oil until well blended. Set aside.
4. Add the apple, dried cranberries, and pecans to the sweet potatoes. Toss gently with the dressing. Serve warm or chilled.

This recipe can be found at thedailymeal.com

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