



Harbor Physical Therapy's Winter Newsletter

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Quick Exercise Program

No time to exercise? Listed below is a quick exercise program that you can perform anywhere. For an ideal workout, try to perform two sets of 10-20 repetitions for each exercise below.

- Body weight squats:** Try not to use hands to push up from the chair. Keep your back straight and bend from your hips. If you are looking down at the floor, you should be able to see your toes when squatting vs. bending your knees forward over your toes.
- Chair push ups:** Grasp the handles of your chair and push your body weight up from chair, supporting yourself with your arms (be careful not to flip the chair though!).
- Standing heel raises:** Raise up onto your toes, pause for 5 seconds and then slowly lower back down. Grab a desk or wall for support as needed.
- Shoulder blade pinches:** Relax your shoulders down and then pinch your shoulder blades together. Hold for 5 seconds then relax.



What patients are saying...

"My visits are always friendly and professional"
~Katina

10 Tips to Avoid Back Pain While Shoveling Snow

- Warm up.** Some gentle range of motion exercises helps to prepare the muscles for shoveling.
- Shovel Early.** Freshly fallen snow is easier to deal with than wet packed snow.
- Lift Smaller Loads of Snow.** Make sure to bend your knees and hinge at your hips. Lift with your legs rather than with your back.
- Size Matters.** Use a shovel with a handle that lets you keep your back straight while lifting. A short handle will cause you to bend more to lift the load. Using a shovel that's too long makes the weight at the end heavier.
- Proper Technique.** Don't twist! "Step in the direction in which you are throwing the snow to prevent the lower back from twisting.
- Push vs. Pull.** If possible, push the snow away instead of lifting it.
- Take Frequent Breaks.** Stand up straight and walk around periodically. Don't try to do it all at once.
- Standing Backward-Bending Exercises.** This will help reverse the excessive forward bending that occurs while shoveling. Stand straight and tall, place your hands toward the back of your hips, and bend backward slightly for several seconds.
- Proper Footwear.** Wear snow boots with good traction. "If your feet slip, it throws off your entire balance,"
- Doctor's Note?** As with any activity, if you're out of shape, have had back injuries in the past, or have a history of heart disease, check with your doctor before tackling the snow. If you can't tackle the snow, find someone who can do it for you.

Tips for Walking in the Snow and Ice

- Wear boots or shoes with textured soles and avoid shoes that have smooth surfaces.
- Watch where you walk and avoid dark and shiny ice patches. Walking on snow gives you better traction.
- 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.
- Take small, quick, shuffling steps if you are walking through an icy spot and keep your weight forward.
- Remove snow quickly from your steps before it turns to ice. Use a product like ice melt on your steps.
- 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

Roasted Lemon Chicken with Potatoes and Rosemary

Ingredients:

- * 8-10 pieces of your favorite cut of chicken (skin on or off)
- * 1 lb baby red potatoes
- * 1/2 onion – cut into large pieces
- * 2 lemons, one sliced and one juiced
- * 1/3 cup olive oil
- * 2 garlic cloves minced
- * 1 tbs fresh Rosemary (plus sprigs for garnish)
- * 1/2 tsp crushed red pepper flakes
- * 1 1/2 tsp salt
- * 1/2 tsp fresh ground pepper

Directions:

- Preheat oven to 400 deg F
- Spray a glass 13x9 in baking dish with cooking spray. You may want to line dish with foil first for easier clean-up. Arrange chicken pieces (if skin on place the skin side up), potatoes, sliced onion and lemon slices evenly in pan.
- In small bowl, whisk together lemon juice, olive oil, garlic, Rosemary, crushed red pepper, salt and pepper. Pour mixture all over the chicken and potatoes. Sprinkle all over generously with additional salt and pepper to taste.
- Bake uncovered for about 1 hour, or until chicken and potatoes are fully cooked. Check periodically as ovens can vary.

Recipe from laughingspatula.com



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