



# Harbor Physical Therapy's Spring Newsletter

April 2015

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



## Top 5 Spring Activities

- See the cherry blossoms – “Smell the roses or spring in the air”
- Have a picnic at the park – “Great for people watching and daydreaming”
- Walk or run outside – “It’s good for the mind, body, and soul.”
- Go to a concert or festival – “Great for culture and a brand new perspective.”
- Walk to a new restaurant – “and let your therapist know if it is any good!”

## Foot Types & Appropriate Foot Wear

As Springtime approaches, there will be a natural tendency to increase your outdoor activities such as walking, hiking and running. Therefore, making sure you have the appropriate sneaker for your specific foot type is very important to prevent injury. Listed below are some definitions of common foot types and the appropriate foot wear that corresponds with each:

1. **Flat Foot (Pronated).** Upon weight bearing, the foot rolls inward and flattens, placing increased stress on the inner foot structures. With activities like walking and running, this causes uncontrolled excessive ankle & foot motion. Being flat footed, one tends to wear out the inside of their shoes and sometimes calluses can be seen at the base of their 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> toes. This foot type requires a **motion control shoe** which limits the excessive motion to better stabilize the foot.
2. **High Arched Foot (Supinated).** Upon weight bearing, the foot rolls outward with more of

the stress on the outside structures of the foot. The problem is that the foot is too rigid and does not allow good shock absorption with walking or running. Having a high arch, one tends to wear out the outside of their shoes and sometimes calluses can be seen at the base of the 5<sup>th</sup> toe and the outside of the foot. This foot type requires a more **cushioned shoe** which helps with shock absorption.

3. **Neutral Foot.** This is the ideal foot type! There is a smooth transition here from a rigid foot to shock absorption during the different phases of walking or running. An even wear pattern is seen with the shoe and very little, to no calluses exist. One would benefit from simple **stability shoes** for cushioning and motion control.

If you are currently experiencing ankle, knee, hip or low back pain, there is a possibility you have the wrong foot wear. A physical therapist will be able to assess your foot type and recommend appropriate foot wear.

**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 to Prevent Injury While Gardening

Many people take advantage of Spring's warmer weather and longer daylight hours to start their flower and vegetable gardens. This can be a very enjoyable and rewarding activity, but it can also turn into a strenuous or uncomfortable task if you are not taking certain precautions. Listed below are several tips to prevent the likelihood of injury while gardening.

1. Avoid leaning forward over a flower bed for a long period of time. When bending, be sure to maintain a straight-back posture.
2. Change your activity every 15 minutes. For example, switch from planting to watering or pruning.
3. If you have trouble or discomfort kneeling, use knee pads or a padded mat.
4. If you have trouble standing back up from a kneeling or crouched position, have a chair near by that you can use to help push yourself up from the ground (but make sure the chair is stable!).
5. Wear gardening gloves to protect your hands and when necessary, goggles for eye protection.
6. Make sure to wear sunscreen and a hat to avoid over exposure to the sun, or try gardening during low light hours (early morning or later afternoon).



**HPT has great news!!**

*Dr. Amanda was voted  
“Top 3 Physical  
Therapists in Baltimore”  
by threebestrated.com*

## Pasta Primavera

### Ingredients:

- Salt
- 12 oz. fusilli pasta
- 1/2 pound broccoli florets
- 2 carrots shredded
- 1 yellow bell pepper, cut into thin strips
- 1/4 cup extra-virgin olive oil
- 4 cloves garlic, thinly sliced
- 1 pint cherry tomatoes, halved
- 1/4 to 1.2 tsp red pepper flakes
- 1/2 cup roughly chopped fresh mint
- 1/2 cup grated parmesan cheese
- 4 oz. goat cheese, crumbled

### Directions:

1. Bring a large pot of salted water to a boil. Add the pasta to the water and cook as the pasta label directs. Add the broccoli, carrots, and bell pepper to the boiling water during the last 2 minutes of cooking. Reserve 1/2 cup cooking water, then drain the pasta and vegetables and return to the pot.
2. Meanwhile, heat the olive oil in a large skillet over medium heat. Add the garlic and cook until just golden, about 30 seconds. Add the tomatoes, red pepper flakes, and 1 tsp salt; cook until the tomatoes begin to wilt, about 2 minutes. Stir in 1.4 cup of the reserved cooking water. Pour the tomato mixture over the pasta and vegetables. Add the mint, parmesan, and half the goat cheese and to combine. Season with salt, to taste.

*This recipe is from thefoodnetwork.com.*

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