



Harbor Physical Therapy's Summer Newsletter

July 2015

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



10 ACL Injury Facts

1. Surgeons see more than 200,000 ACL injuries annually in the USA.
2. An Audible loud "pop" can sometimes be heard when someone tears their ACL.
3. ACL injuries account for 2% of all injuries in the NFL.
4. Females are 2-10 times more likely to suffer an ACL injury compared to males.
5. The first successful ACL reconstruction was performed by a British doctor in 1917.
6. The ACL provides almost 90% of stability to the knee joint.
7. More than 11.2 million visits are made to physicians' offices because of a knee problem in the USA.
8. Of the four major ligaments in the knee, the anterior cruciate ligament (ACL) and the medial collateral ligament (MCL) are most often injured in sports.
9. Reconstruction of a torn ACL is now a common procedure, with over 50,000 hospital admissions per year.
10. ACL reconstruction is a highly successful operation. With good rehabilitation, 90% to 95% of individuals who undergo this surgery can expect to return to full sports participation within six months.



HPT has great news!!

Starting August 31st,
Dr. Joshua Macht
 will be opening his
 Internal Medicine
 Practice on-site next door
 at Macht Medical Group.

Please contact
info@machtmedicalgroup.com
 for more information.

Exercising in a Pool

Summer time is here! We can finally spend time outside at a pool or make a weekend trip to the beach. Not only can this result in relaxation and a good time, but it can be used as an opportunity to try a new form of exercise.

Try taking your workout to the water! Many exercises that we do on land can also be done in the water. Water provides a different type of resistance for the muscles to work against. The buoyancy in the water eliminates ground forces on our body resulting in less impact to our joints. Therefore, not only is water exercise beneficial for healthy individuals, but it makes exercise more tolerable for people with arthritis or pain.

Listed below are examples of water exercises:

1. Heel Raises
2. Fluttering Kicking with a Kickboard
3. Arm raises to the side and front
4. Side Leg Kicks
5. Squat
6. Walking in the water
7. Bicep Curls
8. One Leg Balance
9. Swimming Laps

How to Overcome Exercise Excuses

Excuse: I don't have the time.

Solution: Have a back up plan. Create a short exercise routine targeting the area you want to focus on. Pick exercises that can be done at home and don't require equipment. Here is an example of a short exercise routine:

Run stairs, push ups, squats, and heel raises.

Excuse: Bad weather.

Solution: Workout indoors! Use the same concept as above, or go to the gym. Try a workout video. You can also find workouts on your TV through On Demand or DVR workout routines.

Excuse: I'm sore.

Solution: Use this as an excuse for a stretch or a yoga day! We could all use more stretching!

Sesame Ginger Quinoa Salad

Ingredients:

- 1c quinoa, rinsed
- 2c water
- 1/4 tsp salt
- 1 1/2 cup shelled frozen Edamame
- 3 medium carrots, peeled & diced
- 1/2 yellow pepper diced
- 1/2 red pepper diced
- 1 cup red cabbage chopped
- 2 tbsp sesame oil
- 2 tbsp rice vinegar
- 3 tsp fresh ginger, finely minced
- 1 tbsp sesame seeds

Directions:

Place quinoa, water, and salt in a covered pot. Boil over high heat. Once boiling, turn to low heat and cook for 15 minutes or until the quinoa is soft and water is absorbed. Serve cold.

This recipe is from popsugar.com.



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 Get well sooner.

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