



Harbor Physical Therapy's Spring Newsletter

Fall 2015

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



Thanksgiving Survival Tips

1. When creating your Thanksgiving meal, take several sitting breaks. Your legs and back will need some rest during the hours of food preparation, cooking, and baking.
2. Be careful when bending to get dishes into and out of the oven. Thanksgiving turkey and side dishes can be quite heavy. Use your legs to lift versus your back. Pull dishes as close to your body as possible before attempting to lift. This will help save your back!
3. Split up the clean dishes into smaller piles before trying to lift them into kitchen cabinets. This will limit strain to your arms and shoulders versus trying to lift a large stack of plates.



How To Avoid Injury While Raking Leaves

If you are like me, the idea of raking my yard can be a chore. My neighbors and I have the most beautiful trees that generously, and daily shed their leaves in the Fall. I am guilty of taking a few short cuts to get the job done. This usually means a short cut to back injury!! Here are a few tips to protect your back while raking this fall:

1. Warm Up:

Do a 5-10 minute warm up to get your joints warm and ready for the activity.

Some exercises you can do are shoulder circles, laps around the drive way, and shoulder rolls.

2. Technique/Body Mechanics:

Think BLT here. No, I don't mean bacon, lettuce and tomatoes. I mean bending, lifting, and twisting. Bend/lift with your knees and hips while keeping your low back straight as you rake or pick up heavy trash

bags. Avoid twisting motions while raking as this puts a lot of pressure on your low back.

3. Pace/Rest:

The entire yard does not have to be finished in 15 minutes. Take a break after 10-15 minutes of raking, because as you become more fatigued, you are more susceptible to injury. While on break, make sure you re-hydrate and gently stretch. I usually take this time to get re-acquainted with nosy neighbors who are trying to get the gossip on the neighborhood.

4. Choosing the Right Rake:

Use a rake that is proportionate to your body size. Using the wrong rake can cause you to alter your posture and strain your muscles. Use a lighter rake with a wider span to make the job easier.

Dr. Joshua Macht is now accepting patients for his internal medicine practice next to Harbor Physical Therapy. Call 410-727-3615 to schedule your appointment!

Pumpkin Bread

Ingredients:

- 3 cups canned pumpkin puree
- 1 1/2 cups vegetable oil
- 4 cups white sugar
- 6 eggs
- 4 3/4 cups all-purpose flour
- 1 1/2 teaspoon baking powder

Directions:

1. Preheat the oven to 350 degrees F (175 degrees C). Grease and flour three 9x5 inch loaf pans.
2. In a large bowl, mix together the pumpkin, oil, sugar, and eggs. Combine the flour, baking powder, baking soda, salt, cinnamon, nutmeg, and cloves; stir into the pumpkin mixture until well blended. Divide the batter evenly between the prepared pans.
3. Bake in preheated oven for 45 minutes to 1 hour. The top of the loaf should spring back when lightly pressed.

This recipe is from all recipes.com

6 Misconceptions about Physical Therapy

Physical Therapists can't count.

- That is especially true if you are a patient who doesn't do their home exercises. Your physical therapist will intentionally talk to you to make you lose count, so that you can do more repetitions.

Physical therapists love to make exercises harder.

- The fact is, we love to make exercises challenging and doable. If you can't do an exercise, we will find a way to ensure that you can. Our goal is to reduce symptoms and restore function. Making an exercise harder goes against our goal.

Physical Therapists live by the "No Pain, No Gain" rule.

- For most diagnoses, this does not hold true. For a diagnosis like low back pain, your physical therapist will find therapeutic, pain free/tolerable movements for the patient.

Physical Therapists need a doctor's referral.

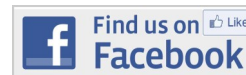
- All 50 states allow patients to be evaluated by a physical therapist without a physician's prior referral. However, some states/insurances have restrictions about the treatment a physical therapist can provide without a physician's referral, so check with your local physical therapist.

Physical therapy is the same thing as massage therapy.

- Massage therapy only includes massage. Physical Therapy treatment utilizes massage in combination with other treatments to achieve your rehabilitation goals.

Harbor Court Office Building
575 South Charles Street, Suite 201
Baltimore, MD 21201

We're on the web!
hpt.machtmedicalgroup.com



ZocDoc
Get well sooner.

Phone: 443-524-0442
Fax: 410-752-8430
E-mail: info@machtmedicalgroup.com