



Harbor Physical Therapy's Winter Newsletter

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What is Electrical Stimulation? How is it used for pain relief?

Electrical stimulation also known as TENS (Transcutaneous electrical nerve stimulation) can be used to help alleviate pain and to elicit a muscle contraction. Physical therapists use electrical stimulation as part of a treatment session to help achieve rehabilitation goals. Electrical Stimulation involves placing electrodes on the skin over the involved part of the body or joint. The electrodes are then attached to a machine that releases small waves of electricity, sending tiny electrical impulses. The electrical impulse is very low and the patient might feel tingling and warmth underneath the electrode. Electrical stimulation decreases perceived pain and is used in physical therapy with other treatment. Such as massage, heat, and exercise.



HPT Has Exciting News!

We have doubled the size of our facility and extended our patient care hours!

Our new hours:
6:30 AM – 5:00 PM
Monday – Friday

Harbor Physical Therapy Would Like To Introduce Our Two Newest Doctorate Level Physical Therapists To Our Team!

Emily Spinelli, D.P.T.

Dr. Emily Spinelli, a former Virginia Tech Hokie, received a Doctorate of Physical Therapy degree at University of Maryland, Baltimore. Dr. Emily has a strong background working with post operative patients. Additionally, she is certificated in Dry Needling, a technique used to help treat myofascial pain related to trigger points. Dr. Emily's goal is to promote wellness to each patient. She accomplishes this goal by progressing each patient to an independent home exercise program and educating patients with appropriate tools and knowledge for symptom management.

Wishing our Patients a Happy and Healthy New Year!!

Amanda Port, D.P.T.

Dr. Amanda Port, a New York native, received her Bachelor's of Science from Boston University and went on to earn her Doctorate of Physical Therapy degree from Columbia University. Throughout her practice, Amanda has been fortunate to work with a wide variety of people from pediatrics to college athletes to the elderly population. Amanda is passionate about individualizing care for each patient, working towards each patient's personal goals. Amanda takes special interest in working with rehabilitation of the spine, foot and ankle, and adolescent sports-related injuries. During her free time, Amanda is an avid sports fan and soccer player, and continues to frequent the Baltimore recreational sports leagues.

9 Safety Tips For Walking On Icy Surfaces

1. Wear proper footwear with grip soles or rubber.
2. Look down at the ground before getting out of your car to analyze the surface you are about to step on.
3. Test potentially slippery areas by tapping the ground with your foot first.
4. Use the car door and seat back for extra stability when getting in and out of the car.
5. Step out of the car - don't hop or jump out.
6. Keep your hands and arms free when walking in case you lose your balance and need to brace yourself.
7. Don't swing your heavy purse or bags, this may affect your balance.
8. Avoid searching through your purse or bags while on slippery surfaces - always pay full attention.
9. Take short steps while making contact with the ground with your whole foot, not just with your heel.

Beef Stew

Ingredients:

- 1 pound cubed beef stew meat
- 3 tbsp all-purpose flour
- 3 tbsp shortening
- 1 tsp salt
- 1/8 tsp ground black pepper
- 4 cups water
- 1 onion, finely diced
- 1/4 tsp paprika
- 1 clove garlic, minced
- 1 tsp Worcestershire sauce
- 1 bay leaf
- 3 carrots, quartered
- 3 potatoes, peeled and quartered
- 1/4 cup all purpose flour
- 1/2 cup frozen corn kernels

Directions:

1. Dredge beef in flour and then, in a medium stock pot, brown beef on all sides in shortening. Add salt, pepper, water, onion, paprika, garlic, Worcestershire sauce and bay leave. Bring to a boil, cover and simmer for 2 hours or until meat is tender.
2. Add carrots and potatoes and simmer for 45 minutes or until tender.
3. Remove bay leave and meat from stew, add 1 tablespoon flour or cornstarch and mix, in order to thicken stew. After mixing let sit for a few minutes to thicken, if not to desired thickness, add more flour or cornstarch and repeat.

This recipe is from allrecipes.com.



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