



Harbor Physical Therapy's Spring Newsletter

Spring 2016

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What is Tendinitis?

\,ten-də-'nī-təs\ Tendinitis is an inflammation of a tendon. This is most often caused by overuse. Common areas that develop tendinitis are at the elbow, back of the ankle, knee, and shoulder. Symptoms of tendinitis are tenderness to touch over the tendon, pain with movement, decrease range of motion, decrease strength, and swelling of the tendon. Physical Therapy is beneficial for patients with tendinitis because it decreases symptoms and strengthens/stretches the injured area to prevent re-injury.

**HPT is having a
Free Yoga Event
on March 29th
at 7:00 PM!!**

Reserve your spot now as space is limited! RSVP by emailing:
info@machtmedicalgroup.com

Strain vs. Sprain – the difference revealed...

A Strain:

A strain occurs to a muscle or tendon from an acute injury. An example of this is when someone is in a car accident. The person's muscle/tendon is over contracted or over stretched depending on the position of the person during the accident. Common symptoms are pain, weakness, decrease range of motion, and muscle fatigue.

A Sprain:

A sprain occurs to a ligament in response to an overstretch or tear. An example of a sprain is when a patient steps off a curb and lands on the outside of their foot, this results in an ankle sprain. Common symptoms are pain, swelling, bruising, and decreased range of motion.

Tips To Prevent A Back Injury While Gardening

As spring and summer are approaching, we begin to get back to our gardening. While gardening, many people develop back injuries due to improper body mechanics. Therefore, listed below are tips to decrease the likelihood of a back injury this gardening season.

1. Before gardening, take a 10 minute walk or warm up with some light exercises to warm up your muscles.
2. While shoveling, remember to bend at your knees and hips, not at your waist.
3. When you empty a shovel full of mulch or dirt, make sure you pivot your feet while turning your upper body.
4. Sit or kneel on a small stool or bucket while weeding and planting so you are not bending over. Use knee pads to kneel to avoid pressure on your knees.
5. Switch jobs every 30 minutes and take a break every 15 minutes.
6. Working on raised beds is less strenuous for your back because you are not bending over as much.
7. Use a cart or wheelbarrow to move things.
8. Use lightweight hoses for watering.
9. Keeps loads light. Buy smaller bags of dirt and mulch. They might be more costly but they will save your back.
10. Use ergonomic tools for pruning and planting. Buy long handled tools so you don't have to reach as far.
11. Keep your body straight and get under the wheelbarrow to tilt it. Stand straight while emptying the wheelbarrow.
12. While mowing the lawn, keep a comfortable distance between your hands and your body.
13. If you experience any pain while doing lawn work or gardening, stop.
14. Do gentle stretches when you are finished gardening to prevent tightness/pain the following day.

Strawberry Pie

Ingredients:

- 2 (8 inch) pie shells, baked.
- 2 1/2 quarts fresh strawberries
- 1 cup white sugar
- 2 tbsps cornstarch
- 1 cup boiling water
- 1 (3 oz) package strawberry flavored Jell-o

Directions:

1. In a saucepan, mix together the sugar and corn starch; make sure to blend corn starch in completely. Add boiling water, and cook over medium heat until mixture thickens. Remove from heat. Add gelatin mix, and stir until smooth. Let mixture cool to room temperature.
2. Place strawberries in baked pie shells; position berries with points facing up. Pour cooled gel mixture over strawberries.
3. Refrigerate until set. Serve with whipped cream, if desired.

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