



Harbor Physical Therapy's Summer Newsletter

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Are you a Golfer? Here are some injuries that may require Physical Therapy!

Golf is a popular sport to play and watch. Like any sport, injuries happen due to overuse and poor body mechanics. Some common injuries include:

1. Back injury – The most common golf injury! 20% of all golf injuries are back injuries.
2. Elbow Tendinitis – Due to improper grip form during repetitive swing.
3. Rotator Cuff Injury/Tear – Typically happens due to weakness of the rotator cuff muscle being over utilized with repetitive swing.
4. Knee Pain – This happens due to the rotational forces on the knee during repetitive swing.

A physical therapist can help determine what part of your golf game is causing your injury, provide you specific exercises to decrease symptoms, and return you to sport.



**HPT offers
DRY NEEDLING!!
All health
insurances cover
this service under
physical
therapy treatment.**

How to Tell if Your Properly Hydrated

Now that it is getting hot outside and you are out and about, drinking fluids is very important; however, hydration isn't just important during physical activity. Sitting in the sun on a hot or humid day can cause dehydration. Being thirsty isn't the best indicator of your need to hydrate, as it means you are already dehydrated. A good rule of thumb to tell if you are properly hydrated is to pay attention to the color of your urine. Pale and clear urine means you're well hydrated. Dark urine means drink more fluids. Drinking water is the best way to stay hydrated.

Achieving an Ergonomic Workstation

1. Adjust chair height so that your feet are flat on the floor.
2. Use footrest if you can't achieve this.
3. Keep your wrist posture neutral.
4. Keep your monitor between 20 and 40 inches from your face.
5. Adjust monitor so that the center sits at eye level.
6. Place your keyboard so that your upper arms are perpendicular to the floor.
7. Chair is adjusted to keep body supported in an upright position.
8. Back rest is adjusted to fit the lumbar region of your spine.
9. Keep work within 16 inches of your body.

Mojito Fruit Salad

Ingredients:

- 1 cup cubed seeded watermelon
- 1 cup seedless grapes
- 1 cup cantaloupe
- 1 cup hulled and quartered strawberries
- 1 cup peeled and quartered kiwi
- 1 cup fresh blueberries
- 3 sprigs fresh mint
- 2 tsp white sugar
- 3 tbsp. fresh lime juice

Directions:

1. Mix the watermelon, grapes, cantaloupe, strawberries, and kiwi in a bowl with a tight-fitting lid, top with blueberries.
2. Stir the mint, sugar, and lime juice together in a bowl, crushing the mint with the back of a spoon while mixing to extract flavors; pour over the fruit mixture. Seal the bowl with lid and refrigerate at least 1 hour.
3. Just before serving, gently flip the sealed bowl several times to coat the fruit with the dressing.

This recipe is from allrecipes.com.

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