



# Harbor Physical Therapy's Winter Newsletter

Winter 2016

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



## Guidelines to Prevent Injury While Shoveling Snow

Snow is almost here! Many people injure themselves while shoveling snow; therefore, listed below are tips you can use to avoid a shoveling injury this year.

- \* Prior to shoveling, you should warm your body up. This can be done by taking a 5 minute walk and moving your arms in a circular motion.
- \* Use an ergonomic snow shovel. One with a curved handle to keep your back straight while shoveling.
- \* Push the snow with the shovel. Pushing the snow away is better than lifting the snow. If you have to lift it, make sure to squat with feet shoulder width apart, and bend your knees and tighten your abdominals. Don't bend over at the waist rounding your back. You want your legs to do the work, not your back.
- \* Scoop small amounts of snow at a time.
- \* Use a shovel with a plastic blade rather than metal because it is lighter.
- \* Keep the shovel close to your body and dump the snow in front of you or pivot your feet to turn and dump the snow to the side (never twist your body). The worst position you can be in while shoveling snow is bent over at the waist, scooping and then twisting to throw the snow.
- \* Use boots with good traction and once you have cleared an area, put sand or salt down to help with your traction, while continuing to shovel.
- \* Take breaks. Drink lots of water and avoid caffeine or smoking before you shovel. Caffeine can cause an increase in your heart rate and constrict your blood vessels. If you experience any chest pain, make sure you call for help.

## What is a Trigger Point?

Did you know that we have close to 400 muscles in our body? Muscles can develop trigger points which can refer pain and cause dysfunction. Symptoms can range from intolerable agonizing pain caused by "active" trigger points, to painless restriction of movement and distortion of posture from "latent" trigger points.

There is not conclusive research on the definition of a trigger point. However, many characteristics have been observed for decades by researchers all over the world. There are many mechanisms by which we develop trigger points. Some of those mechanisms include poor posture, injury to a muscle, muscle over-use, and repetitive stress overload. Trigger points limit range-of-motion and cause muscle fatigue. When pressed on, trigger points feel like "knots" or tight bands in the muscle, and are usually tender. Healthy muscles usually do not contain knots or tight bands and are not tender to pressure.

Good news!!! Physical Therapy diminishes trigger points. Physical Therapy addresses trigger points by identifying and treating the primary driver of the trigger point. This is done through trigger point release, massage techniques, dry needling, and posture re-education. Harbor Physical Therapy provides all these services to treat trigger points. All treatment is covered under the physical therapy benefit from your health insurance. If you do not have health insurance, these services can be received through our wellness services program. Check out our website for more details – [www.hpt.machtmedicalgroup.com](http://www.hpt.machtmedicalgroup.com).



### Join HPT for a FREE 45 Minute Barre Class

Date: January 26, 2017

Time: 6:30 PM

Place: HPT

RSVP: by emailing [info@machtmedicalgroup.com](mailto:info@machtmedicalgroup.com)

### 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](http://allrecipes.com).



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

We're on the web!  
[hpt.machtmedicalgroup.com](http://hpt.machtmedicalgroup.com)

Phone: 443-524-0442  
Fax: 410-752-8430  
E-mail: [info@machtmedicalgroup.com](mailto:info@machtmedicalgroup.com)