



Harbor Physical Therapy Newsletter

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Stretching 101

As you exercise and play sports, do you take time to stretch? As most people are short on time, the first thing to get cut from a workout is the stretching component. As physical therapists, we recommend that you don't cut the stretching out as this can lead to an injury. Check out the stretching rules below to learn what you should focus on when you stretch:

1. Perform a dynamic stretch (no holds) prior to your workout that mimics your sport or exercise of choice.
2. Perform a dynamic stretch for a minimum of 5 minutes prior to your workout.
3. After your work out, perform static stretches (hold stretches).
4. Perform static stretches in all the major muscles groups you just used during your workout.
5. Hold static stretches for 15-60 seconds for 2 repetitions each.

You can complete dynamic and static stretching for your workout in approximately 10 minutes. That 10 minutes is crucial to not skip as this could save you from an injury that could last weeks or months.

Spring Facts

- The first day of spring is March 20, 2022.
- Easter always falls on the first Sunday after the first full moon after the spring equinox.
- The first spring flowers are typically lilacs, irises, lilies, tulips, daffodils, and dandelions.
- During the spring, birds are more vocal to attract mates.
- June and September are the most popular months to get married.
- Tornadoes are most common in spring.

Gardening Tips: to Avoid a Back Injury

1. While shoveling, remember to bend at your knees and hips, not at your waist.
2. 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.
3. Use ergonomic tools for pruning and planting. Buy long handled tools so you don't have to reach as far.
4. Keeps loads light. Buy smaller bags of dirt and mulch. They might be more costly but they will save your back.

Springing into Physical Fitness

While some of us may have braced the cold and snow and exercised outdoors this winter, a lot of us have been waiting for temperatures to rise and the sun to shine to get back into an exercise routine. With warmer weather and longer days ahead, here are some tips on getting yourself back outside and moving!

1. **Start Small** - While that first warm and sunny day may tempt us to go all out, it's still important to not over do it. No matter what form of exercise you plan on getting involved in, make sure to start small and work your way up to avoid injury.
2. **Layer Up** - There is no avoiding the various weather patterns of spring, so it's important to be prepared. Having various layers that you can easily put on/take off while exercising can make all the difference.
3. **Stay Hydrated** - Temperatures may still be on the cooler side but it is still important to ensure you are drinking enough water throughout the day, especially if you are routinely exercising.

COVID-19 Quick Facts

- **Make sure to get your booster shot. Experts say immunity decreases once your last shot was over 6 month ago.**
- **Everyone home in the U.S. is eligible to order 2 sets of 4 free at-home test kits.**
- **Baltimore City's indoor mask mandate ended March 1, 2022.**
- **BA.2 is the new variant and appears to be more infectious than Omicron.**



We're on the web!

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