



Harbor Physical Therapy Newsletter

Fall 2022

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Proper Lifting Technique for Pumpkins

Leaves are falling off trees and pumpkin flavored items are everywhere at the grocery stores! That is how we know that fall is approaching. It is that time of year, where we go to the local farm to pick out pumpkins. Before you pick up that heavy pumpkin, follow our advice below to avoid back pain.

Picking up the pumpkin:

- Standing close to the pumpkin, bring your feet shoulder width apart for a wide base of support.
- Squat down to the level of the pumpkin and place both hands underneath the pumpkin.
- Keeping an upright posture, slowly begin to lift the pumpkin by straightening both hips and knees. Be sure to avoid any twisting motions.
- Keep the pumpkin close to your body as you walk and change directions to bring your pumpkin home.

Setting down the pumpkin:

- To set the pumpkin down, keep it close to your body and squat by bending your knees and hips. Avoid twisting.

Apply this lifting technique not only to pumpkins but boxes or bags. Your back will thank you!

Pumping up the Pumpkin

Pumpkins have always been a fall staple. While commonly used in sweet and indulgent fall desserts, pumpkin on its own is extremely healthy; in fact, it is even classified as a “super-food” (foods that have a lot of nutrients but low in calories). They are rich in Vitamin A, C, & E, antioxidants, and carotenoids. Pumpkins help promote eye and heart health, boost your immune system, and can protect you against certain cancers. It also contains fiber which allows you to feel more full and satisfied for a longer period of time. Below are some ways that you can incorporate pumpkin into a healthy fall diet.

1. Spice and roast the seeds for a quick and healthy snack
2. Use pumpkin instead of fat/oil when baking muffins/breads/cookies/etc.
3. Stir canned pumpkin instead of milk or cream into soups/sauces to thicken them

Source: Cleveland Clinic

Fun Fall Facts

- ⇒ Pumpkin is a fruit
- ⇒ The term “Fall” originated from the phrase, “fall of the leaf”
- ⇒ Halloween costumes were meant to scare off ghosts
- ⇒ There are more than 7,500 varieties of apples
- ⇒ Bobbing for apples used to be a British courting ritual

Pumpkin Pie Recipe

- 1 (15 oz) can pumpkin puree
- 1 (14 oz) can condensed milk
- 2 large eggs
- 1 tsp ground cinnamon
- 1/2 tsp ground ginger
- 1/2 tsp ground nutmeg
- 1/2 tsp salt
- 1 (9 in) unbaked pie crust

1. Preheat the oven to 425 degrees.
2. Whisk pumpkin puree, milk, eggs, cinnamon, ginger, nutmeg, and salt together in a medium bowl until smooth. Pour into crust.
3. Bake for 15 minutes.
4. Reduce temperature to 350 degrees and continue baking for 35-40 minutes.



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