



Harbor Physical Therapy Fall Newsletter

Raking Leaves- Pain Prevention

Fall time is here! That means there are leaves on the ground. As you rake the leaves this year, here are some helpful tips to avoid back pain.

1. Warm up your muscles before starting to rake. Here are some examples- perform arm circles, do squats, or march in place.
2. Slightly hinge at your hips to gather leaves and if you need to get lower bend at your knees not your back.
3. Use your arms to reach for the leaves with your rake not your back.
4. Rake small amounts of leaves vs. large heavy loads. Do not rake when leaves are wet as they are heavier.
5. Take frequent breaks to avoid overexertion.
6. Wear supportive sneakers to prevent falls on slippery leaves and strain to your muscles.

Health Benefits of Walking

Fall weather is perfect for walking outside. Enjoy the beautiful weather and all the health benefits below:

1. Decreases your risk of developing type 2 diabetes.
2. Strengthens your heart.
3. Lowers your LDL (bad cholesterol) and increases HDL (good cholesterol).
4. Decreases blood pressure.
5. Manages weight by decreasing body fat.
6. Strengthens bone and decreases risk of osteoporosis.
7. Helps you sleep at night.
8. Decreases your risk of dementia by increasing blood flow to the brain.

Pumpkin Ice Cream Recipe

Ingredients:

2 cups heavy whipping cream, 1 1/2 cups canned pumpkin, 1 cup brown sugar, 1 tsp ground cinnamon, 1 tsp vanilla extract, 1/4 tsp salt, 1/8 tsp ground cloves.

Directions:

Combine in a large bowl until sugar dissolves. Fill in ice cream maker 2/3 full and freeze with manufacturers instructions.

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