

HARBOR PHYSICAL THERAPY SPRING NEWSLETTER

Top 5 Injuries We See in the Spring (and How to Avoid Them)

As spring approaches, we start to see a surge of patients eager to get back to outdoor activities. Some of these activities are running, gardening, pickleball, golf, or weekend sports. While the motivation is great, jumping back in too quickly can lead to injury.

1. **Low Back Strains-** Make sure to perform core strengthening to avoid back strains as you are getting back to outdoor activities. You want to stretch after activity to prevent a muscle strain.
2. **Ankle Sprains-** Uneven terrain and increased outdoor activity can lead to an ankle sprain. Wear proper footwear, watch your footing, and incorporate balance exercises to improve stability.
3. **Runner's knee-** Pain around or behind the kneecap is common when returning to running or hiking. You want to strengthen your hips and core, and avoid increasing mileage or intensity too quickly.
4. **Plantar Fasciitis-** That sharp pain in your heel, especially with your first steps in the morning, is a classic sign. It often shows up when activity levels increase suddenly with not ideal shoe wear. You want to gradually build up your activity, wear supportive footwear, and incorporate calf and foot stretching into your routine.
5. **Shoulder Tendinitis-** Overhead and repetitive motions can irritate the shoulder, especially if you haven't been active in a while. You want to start with shorter sessions, warm up properly, and work on shoulder and upper back strength.

Spring Back Into Activity Safely

After a long winter of being less active, it's exciting to get back outside and moving again. Whether you're returning to walking, running, golf, or sport, it's important to ease back in the right way to avoid injury.

One of the biggest mistakes we see this time of year is doing too much, too soon. Your muscles, joints, and tendons need time to rebuild strength prior to jumping back into your activity of choice. A good rule of thumb is to gradually increase your activity level and listen to your body.

Perform a warm-up before your activity, spend 5-10 minutes doing light movement like walking or dynamic stretching to prepare your body. This helps improve flexibility, circulation and prevents injury.

It's also important to listen to your body. Some soreness is normal when returning to activity, but sharp pain or discomfort that lingers is a sign to stop. If the discomfort continues, then it is time to call Harbor Physical Therapy so we can get you back on track.

Spring Reset: 5 Simple Ways to Boost Your Energy

1. Spend more time outside in the fresh air.
2. Stay well-hydrated.
3. Obtain 7-9 hours of consistent sleep per night.
4. Declutter your space and get organized.
5. Add 15-20 minutes of exercises each day.

Small changes can make a big difference in helping you feel your best this season!



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