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# Spring Issue

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## ***FIT TO A TEE !***

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***You can't beat a good game of golf for low-impact exercise and plenty of fresh air. Golf is an excellent sport for keeping physically fit and mentally alert.***

**Getting in Shape:** Start exercising a few weeks in advance, about the same time of day you'll be playing golf. Walk 20 to 30 minutes a day, 3-4 times a week. Take a club and begin practicing your grip. Practice your back swing, keeping the club at waist level, and slowly increase to a full swing. Start with one of the shorter clubs, working up to longer, heavier irons.



**When You Get To The Course:** When you arrive at the golf course, and before you change into your golf shoes, find a bench and try these exercises for warming up your neck, shoulders, trunk, and legs:

• *Calf and hamstring warm up:* Put your left foot

on the bench, keeping your knee close to your body. Your right foot remains on the ground. Place your hands under your left knee, holding onto the thigh. Tuck your chin to your chest and curl down slowly. Hold and count to 10. Do not bounce. Come back up slowly, keeping your chin to your chest.

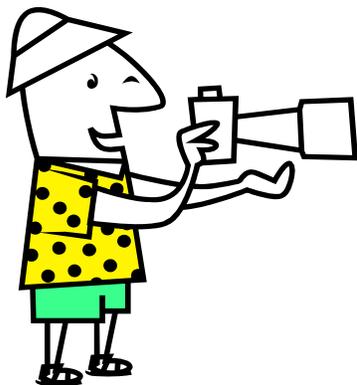
• *For the trunk and upper body:* Stand and hold your golf club horizontally with both hands. Raise the club and place it behind your neck. Then, with feet comfortably apart, slowly rotate body to the left, then to the center, then to the right. Do this exercise frequently during your game and again afterwards.



# TRAVELING HEALTHY THIS **SUMMER**

**Have you been bitten by the travel bug? It's important when you plan your travel itinerary to include exercises that will keep you limber while you're on the go.**

**Travel Tips:** Several weeks before your trip, take a 20-to-30 minute walk, 3-4 times a week, wearing the shoes you will wear on your trip. Before you climb into a car or board a plane or train, do some stretching exercises to relax the muscles in your neck, shoulders, back, trunk, arms, and legs.



- Turn your head slowly as far to the left as is comfortable. Then turn your head to the right. Repeat 3 times.

- Shrug your shoulders. Make circles with one shoulder, then the other. Touch your shoulder blades together and relax. Repeat 3-4 times.

- When sitting, keep your knees in line with your hips. Place a pillow behind your lower back for support. Also, pump each foot several times, as if working a car accelerator, to maintain good circulation to the feet and ankles.

- When traveling by car, wear your seatbelt and keep the headrest in a position that is in line with the back of your head. In a plane or train, recline the seat to change your position.

- Avoid clots in the legs by stretching, or walking every hour in the plane, train, or bus aisle. When driving, pull over every hour to stretch and walk around the car.

## **DJD YOU HEAR?**

**Manual Physical Therapy & Sports Medicine is now offering**

**Osteoporosis Classes. Suitable for all ages and fitness levels, they are taught by physical therapist Sue Rovnak, using the Meeks Method™.**

**For more information**

**Call (410) 889-8004 or visit us online at:**

**[www.ManualPhysicalTherapy.net](http://www.ManualPhysicalTherapy.net)**

## **CULTIVATE YOUR HEALTH WITH GARDENING**

**Having a green thumb can be very rewarding when you see the beautiful results of your hard work. But before you plant that first seed, try some general stretching exercises to prepare yourself ...**

### **Getting In Shape:**



- **Upper body twist:** Stand with your hands on your hips. Slowly turn your upper body as far as possible to the left for a count of 5. Turn to the right and hold for a count of 5. Repeat 10 times.

- **Upper body stretch:** Stand with your back straight and arms to your sides. Stretch arms straight out in front of you and hold for a count of 5. Return arms to sides. Repeat 10 times. Now, stretch arms straight in back of you until shoulder blades touch. Hold for a count of 5. Return arms to sides. Repeat 10 times.

### **Down To Earth Gardening Tips:**

- If you must kneel, stand up and stretch frequently to avoid stiffness. Use knee pads or a pillow to absorb the pressure on your knees. Lean on your hands so that your arms absorb some of the pressure instead of the knees.

- Make sure an object—like a sack of mulch—is not too heavy to lift. Test its weight by lifting one corner. Pull it by placing your feet apart, bending your knees, and leaning away from it. Straighten your legs as you pull it. Always face the object and keep your back straight.

- Use garden tools with wide grip handles for arthritic hands and long handles to decrease back strain

