

# MANUAL PHYSICAL THERAPY & SPORTS MEDICINE NEWSLETTER

Volume 1 Issue 2



## Tips to Prevent Holiday Aches and Pains

In addition to being emotionally taxing, the holiday season can take a physical toll on your body. Annual rituals such as shopping "til you drop" and lifting presents and heavy boxes can contribute to neck, shoulder and back injuries. The American Physical Therapy Association recommends taking precautions in order to keep aches or injuries from putting a damper on the holiday spirit

### Shopping without Dropping

- Distribute the weight of shopping bags equally on both sides of your body
- Consider using a rolling backpack or luggage carrier to carry presents

- Wear comfortable walking-shoes
- Don't lug overstuffed shopping bags for extended periods. Put them into your car
- Take breaks sitting down and moving your feet up and down to prevent swelling in the legs. Pace yourself, stopping for a cup of hot chocolate or lunch

### Lifting

- Test an object's weight before lifting
- Keep feet shoulder width apart, stand close to the object, bend your knees, lifting with your legs not back., keeping your back

straight while you lift .

- If injury occurs, seek consultation from a physical therapist. What starts as a minor problem, can become a recurrent problem without early intervention.

• For a free brochure on "Treating a Back Strain"  
Call our office 410-468-3300



## Mmm Good... Chocolate Chewy Crinkles— a Low Fat Brownie

Thanks to Faith Kling for this yummy recipe. Faith is one of our former patients and an instructor at The Baltimore International College. For those of you looking for a delicious sample of the students work, try out their Friday buffet just down the street from my office 206 E. Redwood Street

- 7 c. powdered sugar
- 1 c. cocoa powder
- 7 egg whites
- 1/2 + 1/8 t. salt
- 1 1/2 t. vanilla
- 1 lb chopped pecans or walnuts optional but well



worth the natural fat content

Preheat Oven 350 F. Using the paddle attachment of a stand-up mixer or the beater of a portable hand-held mixer, combine all ingredients until well blended. Batter should be consistency of pancake batter.

Drop by spoonful onto parchment or waxed cookie sheet, allowing room for spreading during baking. Let Sit for 15-20 min prior to baking. Bake approximately 10 minutes until set. Remove from paper when fully cooled.

Note: The cookies may be generously dusted with powdered sugar prior to baking for a contrast in color.



## Getting in Shape for the Ski

Whether you are a serious skier or just an occasional visitor to the slopes, your body needs to be in good condition to avoid serious injury. Start training 2 months before your first ski trip for the best results. Here are a few guidelines to follow so you can enjoy a full season of skiing.

### **CARDIOVASCULAR ENDURANCE**

Work out at least 1 hour aerobically 3-5 times/week. An excellent piece of equipment to choose would be a Nordic Track or an elliptical trainer to strengthen the arms and the legs.

### **STRENGTHENING THE BACK**

The back is the foundation of the body. There should be a balance between the

strength of the abdominal muscles and the back muscles. Core stability exercises such as abdominal crunches and lumbar stabilization exercises will work both sides of the trunk. The Pilates Method is a great way to exercise these core muscles, as well as using gymnastic ball exercises.

### **STRENGTHENING THE LEGS**

There are lots of exercises to choose from, but a few good ones include:

1. Single leg squats 2. Forward and side lunges 3. Wall sits and 4. Calf raises

You can add weights to increase the resistance for a harder work out.

### **STRENGTHENING THE ARMS**

If you have limited time to work out, push-ups are one type of exercise that can work several muscles of the



## Season

arms, and stabilize the shoulder. Free weights, exercise bands and machines can also be used for shoulder strengthening

These are just a few 1. Chin-ups 2. Lat pull downs 3. Chair dips and 4. Chest fly exercise

### **AGILITY AND COORDINATION**

Sports Cord Drills – wrap an elastic sports cord around the waist and secure the other end around a stationary object. Run forward, sideways and backwards as the sports cord provides resistance and challenges your coordination.

X-jumps –Mark an X on the floor with tape. Practice jumping to each of the corners with the feet together.

### **STRETCHES**

Last but not least...Don't forget to stretch before and after you ski.



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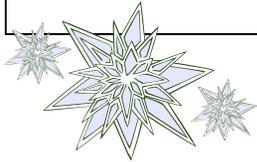
Mmm good — Low fat brownies

And the Winner Is.....

Harvest for The Hungry Food Drive



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*May The Holiday Season and New Year Bring You and Your Family Much Joy and Health*

### *New Year's Resolution!!!!*

Okay admit it. How many of you are keeping up with your exercise since you were discharged from physical therapy? Well if you are Congratulations! And if you're not... don't worry there's always a new day and you can start again. You may have a fresh start at any moment you chose, for this thing we call "failure" is not the falling down, but the staying down.

Mary Pickford



### Harvest For the Hungry Food Drive

During this holiday season our office is participating in a food drive to benefit the needy in our area. If you would like to donate, stop by our office and drop off a donation or a non-perishable food item. Better yet if you would like to start a food drive at your place of work, contact The Maryland Food Bank at 410-644-3663 or visit their website at [www.mdfoodbank.org](http://www.mdfoodbank.org) and they will gladly help you get started.

### And the Winner Is.....

Saad Irshaid is the recent winner of 2 movie tickets for referring the most patients to our clinic.

Many past patients have referred new patients to our clinic. This is the greatest compliment, and I sincerely appreciate your trust. I consider it a privilege to help you, and I trust my work to God's hands. This is just a small way of showing my appreciation. I thank you all for your continued support.



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