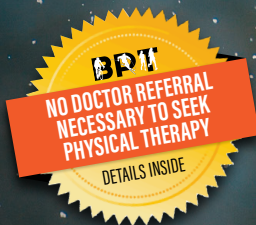




Osteoarthritis Is A Pain! Breckenridge Physical Therapy Can Help

See Inside

- *Osteoarthritis Is A Pain!*
- *How Can Physical Therapy Help Your Osteoarthritis Pain?*
- *Snow Shoveling Tips*
- *Patient Success Spotlight*
- *Exercise Essentials*



WE ARE OPEN!



Osteoarthritis Is A Pain! Breckenridge Physical Therapy Can Help



As we all age, our bodies experience a certain “wear and tear” on cartilage and joints. This can cause inflammation and pain, known as arthritis. According to the American Arthritis Foundation, Osteoarthritis is the most common form of arthritis, making itself apparent in people as they age. It can certainly take a toll on one’s body, resulting in achy or painful joints after exercise, after a long day on one’s feet, or even after prolonged periods of inactivity, thus causing joints to constrict.

The most common areas of Osteoarthritis are found in the fingers, hips, knees, and spine. These are all joints that we use excessively, even in our daily lives. Just think - by the time you lift yourself out of bed, shower, brush your teeth, eat breakfast, and prepare to begin your day, you’ve already used these joints a multitude of times. Therefore, it isn’t surprising that pain can occur in them over time. If you believe you may be experiencing Osteoarthritis, give one of our physical therapists a call today to discuss pain relief.

WHY DO WE EXPERIENCE OSTEOARTHRITIS?

While it is true that Osteoarthritis is most common in older folks, that is not always necessarily the case. It is possible that Osteoarthritis can present itself in younger adults, especially if they are prone to weak joints, poor dieting, or if they aren’t very active. Your cartilage works hard to

protect your joints by absorbing the natural shocks that your body experiences on a daily basis. Therefore, much of your likelihood regarding Osteoarthritis is dependent upon the physical and nutritional lifestyles you partake in. Joint alignment can alter and the muscles around a joint can weaken over time, causing the cartilage to shift or thin. As cartilage wears down, Osteoarthritis becomes much more common.

As Osteoarthritis progresses, more symptoms can arise. **The most common symptoms are:**

- Joint pain.
- Swelling or tenderness in or around the joint(s).
- Inflammation or flare-ups of pain in the joint(s) after use.
- Feeling stiff after sitting or laying down for prolonged periods of time, especially when getting up in the morning.
- Crepitus - also referred to as a “cracking or crunching” feeling when moving the joint(s), or the sound of bone rubbing on bone.



How Can Physical Therapy Help Your Osteoarthritis Pain?

BRECKENRIDGE  PHYSICAL THERAPY

Refer a Friend!

To _____

From _____

Do you know anyone that needs our help?

- ✓ Move without pain
- ✓ Sit for long periods comfortably
- ✓ Bend and move freely
- ✓ Walk for long distances
- ✓ Balance confidently & securely
- ✓ Live an active & healthy life

Call us at 970.485.3421 or visit breckenridgephysicaltherapy.com

According to the American Physical Therapy Association, 1 in 5 adults are diagnosed with arthritis annually. Physical therapy is the most common treatments for Osteoarthritis, usually helping with the relief of joint pain in just a few sessions. If you have arthritis, don't fret - there is hope! While anti-inflammatory and pain medications will help for the time being, they are very much a short-term solution.

Physical therapy can help in actually strengthening your joints and muscles once again, allowing for a much healthier and long-term pain relief solution. Physical therapy will also help in learning to use your joints in new ways once again, allowing for the highest quality of life despite the severity of your arthritis.

Our physical therapists are trained to help you with joint alignment, stability, muscle regeneration, and most importantly, pain relief. They are dedicated to helping you get back to your normal levels of mobility. Don't settle for a life of aches and pains - physical therapy can get you back on your feet and doing the activities you used to love!

If you are suffering from Osteoarthritis, give us a call today - we can get you back to living your best, most pain-free life



breckenridgephysicaltherapy.com

No Doctor Referral Necessary To Seek Physical Therapy

Whether you want to come in for a check-up, suffered a recent injury or you want to improve your health, a doctor referral is not needed. In the state of Colorado, you have direct access to physical therapy!

Save time



Save money



Improve your health naturally



Call Breckenridge Physical Therapy at 970.485.3421, or visit our website at breckenridgephysicaltherapy.com to schedule your appointment today!

Patient Success Spotlight



“I NEVER THOUGHT MY BACK WOULD GET BETTER! THIS PLACE IS AMAZING.”

“I dealt with back pain for 8 months and was only prescribed drugs for treatment. Then I went to Breckenridge PT, and after getting several treatments, I finally feel normal again! I never thought my back would get better! This place is amazing.” - Nate K.

Want results like this? Call Breckenridge Physical Therapy at 970.485.3421 to schedule your appointment today!

Exercise Essentials

Helps With Arthritis Pain

ELBOW RESISTANCE TRAINING

Stand with good posture and your elbow bent towards you, with your palm facing you, then apply resistance with your free hand and slowly lower your palm to your waist. Repeat 10 times.



 SimpleSet Pro
www.simpleset.net

Always consult your physical therapist or physician before starting exercises you are unsure of doing.

Snow Shoveling Tips



Snow shoveling can lead to a number of health risks for many people, from back injuries to heart attacks. The following tips can help keep you safer when you set out to shovel:

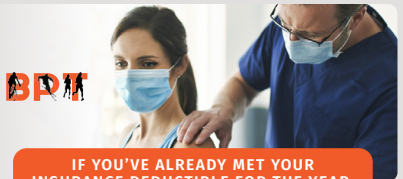
Warm up - Warm your muscles before heading out to shovel by doing some light movements to get your body ready, such as bending side to side and walking in place. You are more likely to injure yourself with “cold” muscles.

Push rather than lift - Pushing the snow with the shovel instead of lifting can help reduce the strain on your body.

Good Posture - When lifting is required, be sure to bend at the hips and knees with your chest out. Place the snow down instead of twisting and tossing.

Lighten your load - Consider multiple trips during a long snowfall and using a lighter shovel. You should also shovel right after a snowfall because waiting may allow the snow to melt slightly and become heavier.

Have You Already Met Your Annual Insurance Deductible?



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IF YOU’VE ALREADY MET YOUR INSURANCE DEDUCTIBLE FOR THE YEAR, THEN YOUR COST OF PHYSICAL THERAPY COULD BE MINIMAL OR COMPLETELY COVERED BY YOUR INSURANCE PLAN.

Do you have a family insurance plan? Have you had surgery this year? Have you used your insurance more than usual? If you answered yes, you are more likely to have a \$0 balance remaining on your out-of-pocket expenses. This means the cost could be minimal or completely covered by your insurance plan.