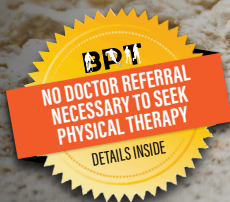




## Kick Back and Relax! Find Relief For Your Knee & Hip Pain

### *See Inside*

- *Find Relief For Your Knee & Hip Pain*
- *How To Make D.I.Y. Ice Packs*
- *Healthy Recipe*
- *Patient Success Spotlight*
- *Do You Know About Telehealth?*



**WE ARE OPEN!**



## Kick Back and Relax! Find Relief For Your Knee & Hip Pain

Have you ever thought about how amazing our ability to walk is? It is a complex system of muscles, nerves, and joints working together in harmony to lift you up. But what if you experience pain while walking? If you experience hip, knee, or leg pain, it could mean that the complex system of your gait has been affected in some way or another.

For more information regarding how our treatments can help you, give Breckenridge Physical Therapy a call today!

### WHAT CAUSES KNEE AND HIP PAIN?

Knee and hip pain occur when the joints and muscles surrounding those areas lack their normal function. If the joint isn't functioning properly, it can alter one's mobility, which will increase pressure on the area. This can cause the area to become inflamed, thus resulting in pain.

If you are experiencing hip pain, it is likely that there is a problem with your hip joint. When this happens, you will experience pain inside of your hip, or in your groin area. If you are experiencing pain outside of your hip, in your upper thigh, or buttock region, then it is likely that there is a problem with the muscles, tendons, ligaments, or soft tissues surrounding the hip joint.

Regardless of where the pain is stemming from, hip pain is typically caused by injury or strain to the joint or surrounding regions; however, the pain can also be due to an underlying disease, such as arthritis.

If you are experiencing knee pain, there is a good chance the pain is rooted in your kneecap or patella. Every time you bend your knee, your kneecap needs enough space to move up and down between your femur bone and the bend of your knee.

Unfortunately, if this area becomes inflamed, then the tissues surrounding the kneecap will become tighter, and the kneecap will not have as much space to move. It will try to squeeze through the inflamed padding, causing pain in the knee, and causing the padding to grow thicker and more irritated. When this happens, the joint fluid inside your knee will begin to dry out, resulting in more friction and pain.

### HOW PHYSICAL THERAPY HELPS

When relieving knee and hip pain, it is important to make sure that normal motion is restored. Our physical therapists at Breckenridge Physical Therapy are trained in evaluating your movement to determine the root of your problem, in addition to creating a treatment regimen specific to your pain, and restoring you to your normal mobility and strength.

We have years of success in helping patients with their physical needs, eliminating their need for harmful drugs, expensive testing, or harsh surgeries. Our goal is to help you move and walk as comfortably as possible.

**Schedule a consultation with one of our physical therapists today and get back on track to a pain-free life!**

# How To Make D.I.Y. Ice Packs

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](http://breckenridgephysicaltherapy.com)

## 4 DIFFERENT METHODS

1. [3] parts water to [1] part rubbing alcohol. This combination is recommended by physical therapists, because it is cheap, it stays flexible, and it works perfectly. There is also minimal mess if there is a leak! Win/win.
2. Corn syrup – Yup. Plain old corn syrup. This one is nice because it stays the softest and flexible compared to the rest; however, if it were to leak, you'd be left with a sticky mess.

3. Liquid dish soap – You guessed it, another one-ingredient ice pack! This one doesn't stay quite as flexible as the rest, but at least the mess won't be sticky in the event of a leak.
4. [2] parts liquid dish soap to [1] part rubbing alcohol. This is very similar to the one above but stays a bit more flexible.

To minimize the risk of leaking after repeated uses, make sure to double bag your ice packs in sturdy freezer bags with a double-lock seal. If you have a vacuum bag sealer, this is the perfect use for it.

[breckenridgephysicaltherapy.com](http://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 if you want to improve your health, a doctor's 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](http://breckenridgephysicaltherapy.com) to schedule your appointment today!



## Patient Success Spotlight

*"Justin and his team at Breckenridge Physical Therapy provided prompt and effective initial assessment and guidance, and are doing a great job getting me back to full capacity. Convenient location in Breckenridge." - J.B.*

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



## Feta & Herb Crusted Salmon

### Healthy Recipe

#### INGREDIENTS

- 1 salmon fillet - Thaw if frozen
- 1/2 cup Feta Cheese
- 1/4 cup roughly chopped fresh parsley
- 2 tablespoons roughly chopped fresh chives
- Juice from half a lemon
- 1/8 teaspoon salt
- Pinch of pepper

#### DIRECTIONS

Preheat your oven to 400 degrees. Line a baking sheet with parchment or foil for easy clean-up. Combine parsley, chives, Feta, lemon, salt and pepper on a cutting board. Run a knife through the combination several times, chopping up all ingredients to mix. Spread combined ingredients on salmon fillet. Bake for 20 minutes or until cooked through. Serve!

[breckenridgephysicaltherapy.com](http://breckenridgephysicaltherapy.com)

## Exercise Essentials

Helps Relieve Hip Pain

### STANDING HIP ABDUCTION

*Lift one leg out to the side using your side-buttox muscles. Return to the start position. with control. Keep your hips level and your back straight! Keep your toes pointed forwards. Repeat each side.*



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

## Do You Know About Telehealth?

In light of the COVID-19 pandemic that has been causing numerous health care facilities to shut down, we as medical professionals are diligently trying to serve our patients in the best ways possible without risking the spread of this disease. Because of this, in addition to keeping our facilities open, we are also offering e-Visits (via the Zoom app) as well as Telehealth services for those who wish to stay at home. By providing care for our patients virtually, as opposed to in person, we are able to keep both our patients and PT providers safe. Telehealth services can be accessed via your smartphone or computer, with which you'll be free to perform your PT treatments from the comfort of your own home.

For those still wanting to be treated in the clinic, in addition to extra cleanings and wearing protective gear, Breckenridge is proud to have three treatment rooms and a large, open space gym. Two of our treatment rooms have exterior windows and exhaust fans that are running whenever patients are in the treatment rooms.