



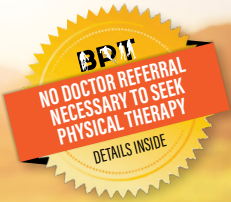
Increase Your Energy By Getting Up & Moving Today!

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BPT
NO DOCTOR REFERRAL NECESSARY TO SEEK PHYSICAL THERAPY
DETAILS INSIDE

WE ARE OPEN!



Increase Your Energy By Getting Up & Moving Today!

Do you feel sluggish or fatigued, as if it's difficult to motivate yourself to get moving? Do your sore muscles or achy joints just add to that lack of motivation? If so, your body may be experiencing some physical problems.

Living a sedentary life is one of the main reasons why people report having low energy or feeling chronic day-to-day aches. Long car commutes, desk jobs, watching T.V. once you get home from work... many people live their lives this way, with very little physical activity. While it may not seem like it is making an impact at the time, this type of sedentary lifestyle can damage your body over time. Contact Breckenridge Physical Therapy today to figure out how a consistent exercise plan can increase your energy and help you live a healthier life!

WHY IS PHYSICAL ACTIVITY SO IMPORTANT?

When you don't participate in frequent physical activity, your muscles begin to weaken and over time they can even begin to atrophy. Inactive lifestyles also cause joints to become stiff

and can alter the physiological chemical processes within your body. In fact, your circulation and lymphatic systems can slow down, which can pose harmful risks. These systems work in producing and excreting toxic wastes (such as cholesterol) and these wastes can build up when the systems aren't functioning as efficiently as they should.

Lack of movement and poor posture are the causes of several types of pain, including lower back pain, neck pain, hip pain, knee pain, shoulder pain, and headaches. A slumped posture can even change the shape of your spine over time, in addition to closing your shoulder joints and tightening up the tissues around your hips. These consequences can cause severe pain and may result in a host of other problems if lifestyle changes are not made.

For more information on how to get moving, or to make an appointment with Breckenridge PT, give us a call today!

We can't wait to hear from you!

Our Bicycle Fitting Can Help Get You Moving Again!



Another great way to get up and moving is by taking a bike ride! Our Physical Therapists can help fit a bike comfortably to your body so you can ride safely and with ease.

WHAT IS BICYCLE FITTING?

The bike fit process includes adjustment of the bike to fit your body and finding ways for the body to best adapt to the activity of bicycling. Good bike fits pay attention to the three primary contact points of the bicycle: saddle, pedals, and handlebar. Good bike fit sessions also include attention to the body. Being best prepared for bicycling requires certain coordination, flexibility, and strength.

A complete bike fit session should include exercises to best adapt you to the demands of bicycling. This is best performed by a Physical Therapist who is knowledgeable in both the body and bicycling issues such as equipment and geometry. At Breckenridge Physical Therapy we have been trained by the professionals at BikePT in how to solve these body and bicycle issues. This holistic approach to bicycle fitting can give you a complete solution to your cycling pain issues.

We're bringing you our extensive musculoskeletal knowledge, bike industry and equipment experience, and looking at the goals of bike riders from all walks of life. We're sharing our experience, knowledge of physicality – strength, flexibility, and conditioning – to work out everyday on-the-bike issues that hold you back from reaching your goals

WHO SHOULD GET A BIKE FIT?

Many people believe that they must suffer through pain, numbness, and tingling in order to ride a bicycle. You do not have to suffer to ride a bike! Anyone that is limiting their rides due to these issues should consider a bicycle fit.

Everyone has different goals on the bike. Some people need to commute to work, others want simply to ride 30 miles, some people want to ride a Gran Fondo, while others just want to ride with their friends. Some people aspire to race too. No matter what your goal is, proper bike fit can help you make it happen.

For more information, Contact Us Today at Breckenridge, CO Center.

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 to schedule your appointment today!



Patient Success Spotlight

"Very professional, thorough, and friendly. Thank you Breckenridge Physical Therapy!" - V.V.

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



Carrot, Ginger, Lime Raw Soup

Healthy Recipe

INGREDIENTS

- 1 cup fresh carrot juice
- Juice of 1 lime
- 1-inch chunk ginger root, juiced
- 1/2 large avocado
- 1/2 ear of fresh organic, non-GMO raw corn

DIRECTIONS

Pour the carrot, lime, ginger juice in a blender and add the avocado. Blend until smooth. Pour in a bowl and top the soup with fresh raw corn, shaved off the cob.

breckenridgephysicaltherapy.com

Exercise Essentials

Helps Relieve Knee Pain

SEATED H.S. STRETCH

While sitting, tighten your top thigh muscle to press the back of your knee down towards the ground. Hold for 20 seconds and repeat 5 times.



 SimpleSet Pro
www.simpleset.net

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

Give This Coupon To A Friend Or Loved One!

BRECKENRIDGE  PHYSICAL THERAPY

Refer a Friend!

To _____

From _____

Do you know anyone that needs our help?

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

Call us at 970.485.3421 or visit breckenridgephysicaltherapy.com