

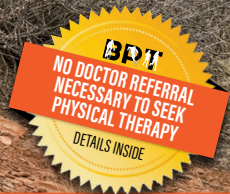


IMPROVE YOUR HEALTH BY STRENGTHENING YOUR CORE



See Inside

- 5 Tips You Can Do On Your Own
- Patient Success Spotlight
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WE ARE OPEN!



BPT

**NO DOCTOR REFERRAL
NECESSARY TO SEEK
PHYSICAL THERAPY**

DETAILS INSIDE



IMPROVE YOUR HEALTH BY STRENGTHENING YOUR CORE

How is your posture? Posture is an important part of everyday life that many of us tend not to focus on – Do you slouch in your desk chair, or slump at your computer while you do work? When you stand for prolonged periods of time, do you notice your stomach sticking out a bit? These are all signs of core muscle weakness that can affect your posture and cause pain in your back or neck.

Your core muscles help you do a lot – from sitting, to walking, to doing a large number of physical activities. If your core muscles are weak, you may unknowingly be causing some damage to your body. Contact Breckenridge Physical Therapy today to figure out how we can help you strengthen your core muscles and improve your overall health.

WHAT EXACTLY ARE THE CORE MUSCLES?

When most people think of core muscles, they immediately think of the abdominals. However, the core is made up of much more than that! In fact, your core muscles include your abdominal, lower back, pelvic, and gluteus muscles.

The group of muscles that make up your core help with stabilizing your body, constructing your posture, and allowing your skeleton to move properly. When any of the muscles within that group become weak, your body experiences an instability that makes

it difficult for your body to function properly. As a result, you end up compensating by straining different areas of the body, most commonly the back and neck muscles. As a result, this leads to undesirable consequences, such as poor posture, fatigue, inflammation, or pain.

HOW CAN I STRENGTHEN MY CORE MUSCLES?

When you are experiencing pain, sometimes it is necessary to seek the assistance of a trained professional in the field of human movement. At Breckenridge Physical Therapy, our licensed physical therapists will conduct a physical evaluation to determine where the pain is rooted and what muscles must be strengthened in order to correct it.

Whether you are feeling pain in your back, neck, shoulders, or legs, we will perform a thorough analysis of your posture, movement, and strength to pinpoint exactly what is causing your pain. From there, we will create an individualized treatment plan for you based on your specific needs, aimed at strengthening your core, improving your posture, and alleviating your pain.

For more information on how to strengthen your core, or to make an appointment with Breckenridge PT, give us a call today! We can't wait to hear from you!

5 Tips You Can Do On Your Own



There are also a few tips you can do on your own, either before PT treatments or in combination with them, in order to strengthen your core and relieve your pain. These include:

walk for at least 30 minutes every day, you can get better sleep at night, in addition to improving your strength, flexibility, and heart health.

1. IMPROVING YOUR POSTURE.

Make sure to stand up frequently, at least every 30 minutes, and vary your positions of work throughout the day. Aim to correct your posture when sitting and standing, making adjustments as needed.

2. AVOIDING INJURY.

Make sure you know the proper way to lift, bend, and pick up objects, even if they are not heavy. It is important to lift with your legs, rather than your back. Our experts can show you proper body mechanics with everyday tasks.

3. GETTING ADEQUATE REST AND EXERCISE.

Every day takes a toll on your body, even if you don't realize it. Sleep deprivation can actually worsen your pain tolerance and decrease your strength. Relaxing and sleeping helps your body to rejuvenate after a long day, and those hours before 12 a.m. are especially important. Exercising can help you fall asleep earlier, allowing you to wake up feeling refreshed the next day. By taking a

4. EATING NUTRITIOUS MEALS.

If you are in pain, it is incredibly important to eat the right foods. A poor diet can aggravate your pain by causing further inflammation, especially when eating processed or fried foods. Instead, make it a habit to eat vegetables, fruits, and lean protein. It is also important to drink a lot of water, as dehydration can dry out your tissues. Keep a glass of water by your desk and refill it during the day so you (and your tissues) stay hydrated.

5. GETTING EXPERT HELP.

The best solution for your back or neck pain is to restore proper movement, strength, and coordination for maximum results. At Breckenridge Physical Therapy our physical therapists are here to help you improve your function and relieve your pain. If you are looking to strengthen your core, relieve your pain, and improve your overall health, contact us today!

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

Get This Coupon To A Friend Or Loved One!

BRECKENRIDGE **BPT** 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



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



Patient Success Spotlight

"Justin is great at diagnosing injuries and ailments. He is very patient and takes the time to figure out exactly what is wrong and what course of treatment is needed for full recovery. Justin explains every exercise, both how to do it and why it is needed for rehab.

The rest of the staff at BPT are also amazing. Connie at the front desk is very helpful with scheduling and payment options." - A.F.

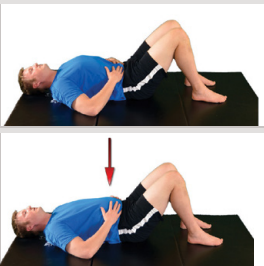
Want results like this? Call Breckenridge Physical Therapy at 970.485.3421 to schedule your appointment today!

Exercise Essentials

Helps relax your whole body!

DIAPHRAGMATIC BREATHING

Lie on your back with your knees bent. Breathe deep, from the belly.



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

 SimpleSet Pro
www.simpleset.net

Sudoku

Level Hard

	2	6			5			
8	1			7				9
						5		8
							8	
		9	7	6	1	2		
	3							
3		7						
6				2			3	5
			9			7	6	

1sudoku.com



Fresh Corn Cakes with Summer Salsa

INGREDIENTS

- ¾ cup white whole-wheat flour
- ½ cup plain yellow cornmeal
- 2 tsp baking powder
- ¾ tsp kosher salt
- ½ tsp black pepper
- 1 cup light sour cream
- 2 large eggs
- 2 tbsp olive oil
- 1 ¼ cups fresh corn kernels
- 2 tbsp minced jalapeño
- ½ cup diced yellow squash
- ¼ cup chopped green onions
- ¼ cup chopped basil
- 1 ½ tsp white wine vinegar
- 1 medium tomato, chopped

DIRECTIONS Combine flour, cornmeal, baking powder, 1/2 teaspoon salt, and 1/4 teaspoon pepper in a large bowl. Combine sour cream, eggs, and 1 tablespoon oil in a bowl, stirring until smooth. Add sour cream mixture, corn, and jalapeño to flour mixture; stir just until combined. Heat a large nonstick griddle over medium-high heat. Divide corn mixture into 8 equal portions (about 1/3 cup each); shape into patties. Add patties to griddle; cook 6 minutes on each side. Combine squash, green onions, basil, vinegar, tomato, remaining 1 tablespoon oil, remaining 1/4 teaspoon salt, and remaining 1/4 teaspoon pepper in a bowl; toss. Place 2 corn cakes on each of 4 plates; top evenly with salsa.

THINK YOU HAVE WHAT IT TAKES TO BE A PHYSICAL THERAPIST?

Contact Breckenridge Physical Therapy today for more information on joining our team.

970.485.3421