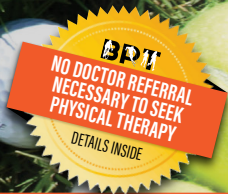




TIPS FOR PREVENTING AVOIDABLE INJURIES WITH PHYSICAL ACTIVITY

See Inside

- *Patient Success Spotlight*
- *Exercise Essentials*
- *Healthy Recipe*
- *Sudoku*



WE ARE OPEN!

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

DETAILS INSIDE



TIPS FOR PREVENTING AVOIDABLE INJURIES WITH PHYSICAL ACTIVITY

No matter what type of physical activity you partake in, it is possible for injuries to occur. Whether you enjoy taking walks at night, playing sports on the weekends, or training for athletic trials throughout the week, it is important to make sure you are always being as safe as possible.

Perhaps the most common injury that people endure from physical activity is an overall feeling of soreness, caused by overusing the muscles, tendons, and ligaments. When the muscles, tendons, or ligaments are over-stretched, the tissues experience minor damage in the form of microscopic tears. This typically occurs when completing an exercise that the body is not used to, or exercising for the first time after a prolonged period of rest. The soreness may linger for a few days but usually goes away on its own. However, the severity of the damage determines how long the body will need to recover. For more information on how you can prevent severe injuries, contact Breckenridge Physical Therapy today.

WHAT ARE SOME COMMON INJURIES?

At Breckenridge Physical Therapy, our licensed physical therapists can guide you through proper exercises, stretches, movements, and body control, in order to prevent future injuries from occurring. Many injuries occur due to improper techniques or overexerting your body. Some of the most commonly sustained injuries include sprains, strains, and tendinitis.

Many people think "sprains" and "strains" are synonymous; however, they have one distinct difference. Sprains occur when a ligament is stretched beyond its limits or torn, while strains occur when a tendon is stretched beyond its limits or torn. Tendons are tissues that connect muscles to bones, and ligaments are tissues that connect bones to one another. Sprains and strains can both range from mild to severe, and even mild ones may take up to 6 weeks to heal. When they become more severe, braces or surgical correction may be necessary. This will require a longer recovery time, up to 8 weeks or longer, and physical therapy treatments will likely be prescribed.

It is important to note that it is in your best interest to have a physical therapist make sure a sprain or strain is fully healed before returning to your normal level of physical activity, as it is common for old sprains and strains to develop again in the future if they have not been properly rehabilitated.

Tendinitis is an overuse injury that causes the tendons to become inflamed. There are several reasons why tendinitis may occur, but whatever the case may be, we know that it has developed as a result of unnecessary amounts of strain. For example, some people may develop tendinitis in their shoulders or elbows because of improper posture. If the neck and back are not properly aligned, unnecessary stress is placed on other parts

(Continued inside)

TIPS FOR PREVENTING AVOIDABLE INJURIES WITH PHYSICAL ACTIVITY

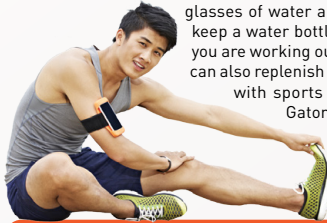
(Continued from outside)

of the body. Movements in the shoulders and arms are altered as a way to compensate, causing increased strain on the tendons. Tendinitis can be corrected with physical therapy treatments, since PTs are trained in relieving pain, decreasing inflammation, and restoring you to your normal posture, motion, and function.

HOW CAN I PREVENT THESE INJURIES?

While it is always a wise decision to consult with a physical therapist, there are some tips you can implement into your personal life as well, in order to decrease your risk of sustaining an injury. These include:

- **STRETCHING.** This is one of the most important ways to prevent injuries. Your tissues require water in order to be elastic, and stretching helps to bring water into the tissues. This increases muscle flexibility and prevents them from becoming stiff or tight, thus decreasing the chances of them over-stretching and/or tearing.
- **HYDRATING AND EATING NUTRITIOUS MEALS.** Did you know that your body is over 70% water? Because of this, it requires water in order to remain supple and function properly. Without adequate water and nutrition, your body's tissues are more prone to over-stretching and injury. Make sure you drink the recommended 8 glasses of water a day, and always keep a water bottle with you when you are working out. If needed, you can also replenish your electrolytes with sports drinks, such as Gatorade.



- **STAYING WITHIN YOUR ABILITIES.** It is important to train and practice for any physical activity you'd like to try. Start small in the beginning and build up from there. For example, if you aren't used to running but you'd like to complete a 5k, don't start off with 3-mile runs. Begin with a half mile and slowly build up. When you push your body past its current limits, you make yourself more prone to injuries because your body is not prepared for the physical demands being asked of it. A physical therapist can help you understand the limits of your body and can create an exercise plan for you to reach your physical goals.

- **USING THE PROPER EQUIPMENT.** When engaging in any type of physical activity, it is important to make sure you have the right equipment. For example, running shoes, hiking boots, helmets, and more can help you avoid injury and stay safe while doing the activities you enjoy. They can make all the difference when it comes to preventing injuries.

WHAT SHOULD I DO NOW?

If you are suffering from aches and pains, you think you may have sustained an injury, or you'd like to learn more about injury prevention, contact Breckenridge Physical Therapy today. One of our dedicated physical therapists would be happy to meet with you for a consultation and discuss how our different programs can help you remain active and pain-free!

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

breckenridgephysicaltherapy.com

Give 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

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

"My foot was stepped on in gym. Tried to solve the pain by over the counter remedies. Nothing worked. I went to the Dr who looked at x-ray and determined I had Achilles tendonitis and Hagland Deformity. PT was authorized and Justin was chosen as my PT. He was hands on all the time and was able to see that my foot problem also was a lower back problem. With "printed" exercises to take home and work on, my condition improved to the point after 9 sessions I can wake up in the mornings and get out of bed without any pain. Stretches and manipulations did the trick! I would recommend Justin and BPT to anybody with a medical problem." - S.M.

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

Exercise Essentials

Helps strengthen your core!

REPEAT TRUNK FLEXION | TO FLOOR

Sit in a chair with good posture. Hands on thighs. Let your trunk sag toward the floor use your arms to control the movement. Let your arms dangle to the floor. Now use your arms to push yourself up.



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

SimpleSet Pro
www.simpleset.com

Sudoku

Level Hard

	4		3	8				
					1	3		6
			6	5		7		
		5						4
6	2			5			8	7
3						2		
	3		8	9				
2		8	5					
				3	6		5	

1sudoku.com

HEALTHY RECIPE

Greek Pasta Salad



INGREDIENTS

- kosher salt
- 1 lb. farfalle
- 1/4 c. extra-virgin olive oil
- 3 tbsp. red wine vinegar
- 1/2 tsp. dried oregano
- 1/2 tsp. garlic powder
- 1 large cucumber, chopped
- 1 c. cherry tomatoes, halved
- 1/3 c. Kalamata olives, pitted and chopped
- 1/2 red onion, chopped
- Freshly ground black pepper
- 2 tbsp. dill, finely chopped
- 1/2 c. crumbled feta

DIRECTIONS In a large pot of salted boiling water, cook farfalle according to package directions until al dente. Drain and transfer to a large serving bowl. Make dressing: In a small bowl, whisk together olive oil, red wine vinegar, oregano and garlic powder. To serving bowl add cucumbers, tomatoes, olives and onions. Add dressing and toss until evenly coated. Season with salt and pepper and add dill, then top with feta.

<https://www.delish.com/cooking/recipe-ideas/recipes/a47991/greek-pasta-salad-recipe/>

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