



RELIEVE YOUR ARTHRITIS PAIN WITH THESE SIMPLE STEPS

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WE ARE OPEN!



BPT

NO DOCTOR REFERRAL
NECESSARY TO SEEK
PHYSICAL THERAPY

DETAILS INSIDE

RELIEVE YOUR ARTHRITIS PAIN WITH THESE SIMPLE STEPS

Did you know that arthritis is the leading cause of disability across the United States? According to the Arthritis Foundation, approximately 50 million people live with arthritis. While it is possible for arthritis to develop in any joint, it most commonly affects the neck, back, hands, hips and knees.

There are hundreds of different types of arthritis but the most common are osteoarthritis and rheumatoid arthritis. Osteoarthritis is the most common, and it happens as a gradual "wear and tear" of cartilage surrounding the joints. This can occur from age or from excessive, repetitive use of the affected joint(s). When cartilage is worn down, it can no longer act as a strong cushion and shock absorber for the joints, resulting in bone-to-bone friction and painful inflammation.

Rheumatoid arthritis is a bit different from osteoarthritis and it is not as well understood. It is the second most commonly experienced form of arthritis, and it develops as an autoimmune response. When someone has rheumatoid arthritis, their immune system sees the joints as a threat. Because of this, the immune system attacks the joints, resulting in pain and inflammation. While research is still being done in order to better understand rheumatoid arthritis, many experts believe that your hormones, medical history, and environment could all be contributing factors.

Whatever may be causing your arthritis pain, Breckenridge Physical Therapy can help you find relief. Contact us today to schedule a consultation and find out how our services can benefit you!

HOW CAN PHYSICAL THERAPY RELIEVE MY ARTHRITIS PAIN?

Arthritic joints typically lose their normal levels of function and strength, due to the chronic inflammation they are experiencing. However, one of the primary goals of physical therapy is to regain as much function as possible in the affected area(s) of the body. By restoring normal joint movement and improving muscle strength, the amount of excessive pressure on the joint can be relieved. Reducing the pressure on the affected joint decreases inflammation and helps relieve pain by improving mobility.

When you arrive for your initial consultation at Breckenridge Physical Therapy, you'll be greeted by one of our licensed and dedicated physical therapists. Each of our team members are movement experts with years of medical training, equipped in helping patients relieve the stiffness, achiness, and pain associated with arthritis.

Your physical therapist will conduct a physical evaluation to analyze your joint movement, muscle strength, and overall function, in order to pinpoint the exact areas that are causing

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RELIEVE YOUR ARTHRITIS PAIN WITH THESE SIMPLE STEPS

(Continued from outside)

you pain. You will then be prescribed a personalized treatment plan, focused around your specific needs. Treatment plans will include targeted stretches and exercises aimed at relieving your pain and improving your function, in addition to any specialized methods your physical therapist deems fit. This may include manual therapy, ice and heat therapies, electrical stimulation, or ultrasound. Your physical therapist may also include additional services as needed, such as weight management techniques to help ease some stress on your joints, and/or posture improvement to relieve stiffness and prevent injury.

12 SIMPLE STEPS FOR RELIEVING ARTHRITIC PAINS AT HOME

Treatment plans for arthritis cases are aimed at relieving pain and decreasing the amount of inflammation, stiffness, and overall stress placed on the joint(s). However, there are also some steps you can take on your own to make sure your daily life is as pain-free as possible:

1. Stretch Multiple Times A Day.
2. Alternate Between Weight Bearing And Non-Weight Bearing Exercises.
3. Use Tools That Make It Easier On Your Joints, Such As Large Handled Can Openers And Large Grips On Kitchen Tools.
4. Carry Grocery Bags On Your Forearms, Instead Of Straining The Joints In Your Fingers.
5. Have Commonly-Used Items Within Easy Reach To Avoid Squatting, Kneeling, Or Having To Reach High Overhead.
6. Get Up And Move Often. Don't Sit For More Than 30 Minutes Without Getting Up For A Break.
7. Avoid Prolonged Kneeling.
8. Maintain Proper Posture When Sitting And Standing.
9. Drink Plenty Of Water.
10. Eat Nutritious Foods.
11. Avoid Fried Foods, Sodas, And Other Items That Increase Inflammation In Your Body.
12. Work With Your Physical Therapist To Create A Treatment Plan And Update It With A Yearly Check-Up.

If you are living with joint pain, call us today to learn more about our arthritis treatment programs. We recommend a yearly physical therapy check-up to ensure you are performing at your best. Find relief for your arthritic pains today with Breckenridge Physical Therapy!

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

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

Give This Coupon To A Friend Or Loved One!

BRECKENRIDGE **BPTT** 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

"The BPT physical therapists are very knowledgeable and experienced. I had a complete right hip replacement Feb 21, 2017 and was released for normal activity May 19, 2017. In the three-month period the BPT therapists utilized a succession of exercises to take me from walking with crutches and unable to turn over in bed to biking 30 miles and hiking in winter conditions. Fantastic!" - A.G.

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

Exercise Essentials

Helps with lower back pain!

QUAD STRETCH PRONE

Lie on stomach. Hold ankle with hand. Gently pull ankle toward the buttock. You should feel a stretch in the front of your thigh.



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

SimpleSet Pro
www.simpleset.com

Sudoku

Level Hard

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

1sudoku.com

HEALTHY RECIPE

Spicy Lemon Garlic Baked Tilapia



INGREDIENTS

- 4-6 Tilapia Fillets
- 1 tbsp Lemon Juice
- 3 tbsp Butter
- 1 tsp Garlic Minced
- 1/2 tsp Red Chili Powder
- Salt to taste
- 1/2 tsp Black pepper
- Freshly Cracked
- 1 lemon Cut into thin slices
- 2 tbsp Fresh Parsley Chopped

DIRECTIONS

1. Wash the tilapia fillets and pat them dry.
2. Arrange the fillets in a baking tray.
3. Mix lemon juice, butter, garlic, red chili powder, salt and black pepper in a bowl.
4. Pour this mixture over the tilapia.
5. Arrange lemon slices in between the fillets.
6. Pre-heat the oven to 180 degrees C (350 Degrees F).
7. Bake the fish for 15-20 minutes.
8. Garnish with fresh parsley.
9. Serve hot.

Source: sounne.me/2019/05/spicy-lemon-garlic-baked-tilapia-dinner.html?m=1

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