



KICK YOUR KNEE PAIN TO THE CURB

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- *Don't Let Your Insurance Go To Waste*
- *Exercise Essentials*
- *Low Back Pain Workshop*

WE ARE OPEN!





NEWSLETTER

KICK YOUR KNEE PAIN TO THE CURB!

FIND RELIEF WITH PHYSICAL THERAPY



Do you find it difficult to walk, run, or exercise, as if your knees may collapse underneath you? Are you experiencing sharp pains in your hips and knees that make daily tasks difficult? Does standing up after a lengthy amount of time pose as a challenging feat? If so, physical therapy can help.

Constant hip and knee pains can greatly hinder your daily life. The efficiency of your walk comes from the effectiveness of your flexibility, strength, and balance. When any of these aspects become abnormal, it may cause joints to become strained and work harder than they usually need to, leading to pain in the knees and hips. Physical therapy is an easy, comfortable, and safe way to both identify and relieve pain. If you are suffering from knee or hip pain, contact Breckinridge Physical Therapy today for relief!

CORRECTING YOUR KNEE AND HIP PAINS WITH PHYSICAL THERAPY TREATMENTS

At Breckinridge Physical Therapy, our licensed physical therapists are movement experts. They will analyze how you walk in order to determine any abnormalities and to pinpoint stiff or weak muscles. By pinpointing the exact areas of your body that are not moving as they should, they are able to create

a treatment plan that will improve your strength, coordination, and overall mobility.

Physical therapy has been proven as one of the most effective treatment methods for knee and hip injuries. This has been demonstrated through several research-based studies, including a 2014 study published by the Journal of American Medical Association.

The study, titled "Effect of a Home-Based Exercise Program on Functional Recovery Following Rehabilitation After Hip Fracture," focuses on the benefits of exercise programs for those recovering from hip fractures. In this study, patients were split into two groups. The intervention group received "functionally oriented exercises (such as standing from a chair, climbing a step) taught by a physical therapist and performed independently by the participants in their homes for 6 months," while the other group simply received education on cardiovascular nutrition and recovery.

Results from this study concluded that those participating in the in-home physical therapy exercise programs demonstrated "modest improvement in physical function at 6 months after randomization."

(Continued inside)

ARE YOU LETTING PAIN HOLD YOU BACK? CALL TO SCHEDULE YOUR APPOINTMENT TODAY! 970.485.3421

KICK YOUR KNEE PAIN TO THE CURB

(Continued from outside)

Restoring normal motion is a key aspect to alleviating pain and allowing you to safely partake in the activities you love. Our dedicated team can help you walk, run, and play better. With our motion analysis, strength testing, coordination testing, and more, we can spot your muscles and joints that are in need of treatment. Your treatment plan will be individualized, based on your specific needs, in order to help you reach your optimum function with the least amount of effort.

ARE YOU MOVING CORRECTLY?

If you are suffering from knee or hip pain, it is important to make sure you contact a physical therapist as soon as possible.

However, there are also some tests you can do on your own before your consultation – these simple tests can help you determine if your knees and hips are as flexible and strong as they should be. Practice caution when performing these tests with a painful knee or hip, and do not continue them if they cause your pain to worsen:

- When you are standing, can you touch your toes? This indicates hip and low back flexibility.
- When sitting down, can you comfortably cross your legs so your ankle is resting on the opposite knee? Does one knee go further down than the other? This indicates hip flexibility. If one hip is tighter than the other, it can impact the way you walk and can cause knee pain.
- Keeping your feet flat on the floor while holding onto something solid, how far can you squat down? You should be able to squat all the way down so your buttocks almost touches your heels. Don't let your heels pop up! If you favor movement to one side, you probably have hip weakness on that side or limited motion in the hip joint.
- Standing near a counter top, put one foot in front of the other so you are touching heel-to-toe. Without putting your hands down, see if you can balance for 10 seconds. If you cannot, this may mean you have trouble with the coordination of your balance from the nerve endings in your hips, knees, ankles, and feet.

As noted, physical therapy is an effective mode of treatment for patients suffering from knee and/or hip pain. At Breckinridge Physical Therapy, we help provide treatment for patients through movement and physical manipulation.



If you are suffering from knee and/or hip pain, don't hesitate to contact Breckinridge Physical Therapy to schedule an appointment. We'll help you kick your knee and hip pains to the curb, so you can live a happy, active, and pain-free life!

breckinridgephysicaltherapy.com

Give This Coupon To A Friend Or Loved One!

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

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 breckinridgephysicaltherapy.com



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

DON'T LET YOUR INSURANCE GO TO WASTE!



If you've met your insurance deductible for 2021, your physical therapy costs could be free!

Do you have a family insurance plan? Have you had surgery this year? Have you used your insurance more than usual? If you answered YES, you are more likely to have a \$0 balance remaining on your out-of-pocket expenses. This means the cost could be minimal or completely covered by your insurance plan.

Let us help you get a head start going into 2022, before your deductible renews again!

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

Exercise Essentials

Helps relieve muscle soreness.

STANDING QUAD STRETCH

Stand tall with your feet hip-width apart, pull your abdominals in, and relax your shoulders. Bend your left leg, bringing your heel toward your butt, and grasp your left foot with your right hand. Switch legs and repeat the stretch.



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



FREE WORKSHOP



STAFF SPOTLIGHT

Dr. Alexander Kuck PT, DPT



Dr. Alexander Kuck PT, DPT completed his Doctor of Physical Therapy degree in 2021 at Central Michigan University. He is originally from Grand Rapids Michigan and the Upper Peninsula of Michigan. He moved to summit county in the summer of 2021 and has been practicing at Breckenridge Physical Therapy since then. Alex enjoys working in the outpatient orthopedic setting and also enjoys treating balance and vestibular conditions. He utilizes a combination of manual therapy, education, and well-targeted exercise therapy to help his clients improve. In his free time, Alex enjoys skiing, long-distance backpacking, weight lifting, bow hunting, and rock climbing.

HAS YOUR PAIN RETURNED OR A NEW ONE STARTED?

COME BACK TO PT!

Contact Breckenridge Physical Therapy today and start living pain-free again!

970.485.3421