



NEWSLETTER

BACK PAIN DOESN'T DISCRIMINATE!

FIGHT BACK WITH PT!

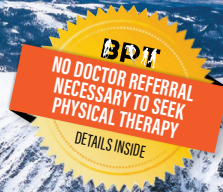


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- 5 Health Tips For The New Year
- Exercise Essentials
- Pregnancy Postpartum Workshop

WE ARE OPEN!

breckenridgephysicaltherapy.com



ARE THE SLOPES CALLING BUT YOUR BACK SAYS NO?

FIND RELIEF WITH PHYSICAL THERAPY AND GET BACK TO WHAT YOU ENJOY!

Are you struggling with lower back pain? Did you injure your back when bending or twisting? The good news is that at Breckenridge Physical Therapy, our physical therapists are experts at helping you find lasting relief!

Back pain is a debilitating condition that up to 80% of the population experiences at some point in their life. One in every four Americans has experienced back pain within the last three months. The pain itself can hinder your ability to sit, stand, walk or bend. It can also impede your time spent doing recreational activities and sports.

The type of pain felt in your back can vary, from a slight nagging ache to crippling, shooting pains. Because of this, it is no secret that back pain can limit you from enjoying your daily life to the fullest. With guidance from your physical therapist, you can find solutions to your pain and how to manage it, so you can get back to living the life you enjoy!

Call today to set up an appointment with one of our highly trained therapists. At Breckenridge Physical Therapy, you can get the help you need to improve your quality of life!

INTERESTING FACTS ABOUT BACK PAIN

Back pain is an all-encompassing term used to describe many conditions that cause pain in the lower back. Sports-related

injuries, poor posture, and car accidents are just a few of the many ways that someone can develop back pain.

Because back pain is so commonplace, there is a lot of information we have on the topic. Here are some interesting facts about back pain:

- Worldwide, back pain is the single leading cause of disability, preventing people from working and engaging in everyday activities.
- Back pain accounts for more than 264 million lost workdays in one year—that's two work days for every full-time worker in the country.
- Back pain is the third most common reason for visits to the doctor's office, behind skin disorders and osteoarthritis/joint disorders.
- Back pain runs second, only after the common cold, as the top reason for visiting a healthcare provider in the United States.
- More than two-thirds of back strains are caused by lifting and other exertions, such as pulling and pushing.
- Most cases of back pain are mechanical—meaning they are not caused by severe conditions, such as infection, fracture, or cancer.

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ARE THE SLOPES CALLING BUT YOUR BACK SAYS NO?

(Continued from outside)

COMMON RISK FACTORS ASSOCIATED WITH BACK PAIN

The exact cause of lower back pain is often challenging to identify. For some people, when left untreated, lower back pain can even lead to long-term pain.

Anyone can have back pain, but the most common risk factors for low back pain include:

Age: The first attack of low back pain typically occurs between 30 and 50, and back pain becomes more common with advancing age.

Activity level: Back pain is more common among people who are not physically fit. Sedentary people are more likely to suffer painful back injuries than people who are more physically active.

Excessive Weight: Being overweight or obese leads to a greater likelihood of experiencing lower back pain.

Job-related factors: Having a job that requires heavy lifting, particularly twisting or vibrating the spine, can lead to back pain. Also, prolonged sitting, whether at a desk or driving a vehicle all day, contributes to the development of lower back pain.

Mental health: Anxiety and depression can influence your perception of pain and its severity. Chronic pain is also known to contribute to the development of such psychological factors.

Smoking: Smoking limits blood flow and oxygen, causing the discs to degenerate faster and contribute to the development of pain.

HOW PHYSICAL THERAPY HELPS BACK PAIN

Fortunately, back pain can be relieved with the help of physical therapy. Physical therapy can help improve your spine movement, posture, muscle stability, and strength, so your back can function in the pain-free way that it's intended.

Your physical therapist will also work with you to implement an individualized treatment plan based on your specific needs. The main stages of your program will focus on pain relief, which may include any combination of ice and heat therapies, mobility from manual therapy and targeted stretches, coordination training for the core and hips, and then strength exercise including lifting, pushing and pulling. As you progress and improve, your physical therapist will expand on your exercises and stretches by making them more intensive over time. This will help increase your overall strength and range of motion. You will also learn to manage your condition on your own.

While consulting with a physical therapist is the first step in finding relief, the most effective solution to back pain includes learning what to do and why. Armed with an understanding of your condition, we will teach you an exercise program that ensures you find lasting relief once and for all!

Call Breckenridge Physical Therapy today to set up an appointment with one of our therapists. Your physical therapist will work with you to address and treat the underlying cause of your back pain.

Exercise Essentials

Good stretch if you sit at a computer all day.

PRAYER STRETCH

While in a crawl position, slowly lower your buttocks towards your feet until a stretch is felt along your back and/or buttocks.

Try this exercise to help relieve back pain and to relax your whole body.



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



970.485.3421

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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



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

5 HEALTH TIPS FOR THE NEW YEAR



- 1. Shop Well For Yourself.** It is more important than ever to stock your kitchen with healthy foods. Have healthy snacks handy. The more convenient they are, the more likely you are to eat them. Instead of thinking about what you shouldn't eat, promise to eat your 3 to 5 servings of vegetables each day.
- 2. Schedule Your Exercise.** Your schedule will be very hectic this year, like every year. Schedule your workouts just as you would any other appointment. It's okay if you can't make it to class, but make sure that you get some activity in at least three days per week.
- 3. Just Say No.** You probably aren't aware how much extra food you consume just from people offering it to you. A sample at the market here, an extra cookie at an office party there and it all adds up. Just think twice before you take that food and decide if you really want it.
- 4. Skip the Baking.** Do you make baked goods for giving? Chances are you eat much of what you bake. Who wouldn't? Instead make non-food gifts, or prepare ingredients for baked goods and put them in pretty jars—this year, let your gift recipient bake it up. That way, they can eat it when they want it and you don't have to be tempted in the kitchen.
- 5. Hydrate.** Keep your water bottle with you at all times. You should be drinking eight, 8-ounce glasses of water each day. One handy trick is to buy a 64 ounce water jug. Fill it up in the morning and know that you need to finish it by the end of the day.

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



Improve
your health
naturally

FREE WORKSHOP

PREGNANCY POSTPARTUM WORKSHOP

JANUARY 27TH
AT 4:30 PM

LEAD BY DR. ELLIE
ALLAN PT, DPT



Contact Breckenridge Physical Therapy today
at 970.485.3421 for more information!

HEALTHY RECIPE



Roasted Honeynut Squash

INGREDIENTS

- 2 medium honeynut squash, halved lengthwise and seeded
- 4 teaspoons butter
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- ¼ teaspoon ground cinnamon
- 4 teaspoons pure maple syrup (Optional)

DIRECTIONS

Preheat oven to 425 degrees F. Arrange squash halves cut-side up on a baking sheet. Place 1 teaspoon butter in each cavity. Sprinkle with salt, pepper and cinnamon. Roast until tender, 25 to 30 minutes. Drizzle with maple syrup, if desired.

HAS YOUR PAIN RETURNED OR A NEW ONE STARTED?

COME BACK TO PT!

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

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