



YOU CAN RELIEVE YOUR ARTHRITIC PAINS WITH PHYSICAL THERAPY!



**CHECK OUT THE BENEFITS
OF SPRING CLEANING**

DETAILS INSIDE

See Inside

- Benefits of Spring Cleaning
- Exercise Essentials
- 3 Allergy Season Tips



**NO DOCTOR REFERRAL
NECESSARY TO SEEK
PHYSICAL THERAPY!**
DETAILS INSIDE

YOU CAN RELIEVE YOUR ARTHRITIC PAINS WITH PHYSICAL THERAPY!



Are you suffering from knee pain or back stiffness? Do you find it difficult to move as freely as you once did? If so, it's possible that you have arthritis.

At Breckenridge Physical Therapy, we understand that this can be a frightening time. If you're unsure where to turn for help, know that our physical therapists can help you find relief from your pain.

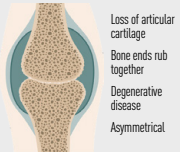
There's no denying that arthritis is a serious- and painful condition. However, the good news is there are many ways you can ease your pain and improve your function. The therapists at Breckenridge Physical Therapy can assist you in managing your arthritic pains so that you can live more comfortably!

Are you ready to get back to living the life you love? Contact our clinic today to make an appointment!

WHAT IS ARTHRITIS?

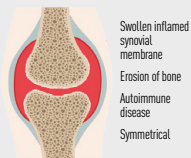
Arthritis is a term used to describe any chronic condition that affects the joints and causes pain and inflammation. According to the Arthritis Foundation, there are over 100 different types of arthritis. However, the two most common types of arthritis are osteoarthritis and rheumatoid arthritis.

The most common is **osteoarthritis**, which is caused by a gradual breakdown of cartilage in the joints. This can happen as a result of age, injury, or repetitive use of the affected joint (s). When cartilage wears down, it can no longer function as a strong cushion and shock absorber for the joints, resulting in bone-on-bone friction and painful inflammation.



Osteoarthritis affects nearly 30 million people nationwide. Arthritis symptoms include stiffness and pain when squatting, bending, or sitting for an extended period of time. Pain that worsens in the morning but goes away throughout the day could be a sign of arthritis. As the condition worsens, inflammation causes joint pain and loss of motion.

Rheumatoid arthritis is the second most common type of arthritis and is caused by an autoimmune response. When a person has rheumatoid arthritis, their immune system perceives the joints as a threat. Because the immune system perceives a threat, it attacks the joints, causing pain and inflammation.



(Continued inside)

YOU CAN RELIEVE YOUR ARTHRITIC PAINS WITH PHYSICAL THERAPY

(Continued from outside)

While research into rheumatoid arthritis is ongoing, many experts believe that your hormones, genes, smoking, and environment may all play a role.

WHAT CAN I DO TO HELP MY ARTHRITIS PAIN?

Physical therapy is an integral part of treating the symptoms of arthritis. Before resorting to more aggressive procedures, such as surgery, physical therapy should always be the first line of defense.

In most cases, physical therapy can eliminate the need for more aggressive treatments, such as potentially harmful prescription drugs or invasive surgeries. If your condition is severe enough that surgery is required, physical therapy will assist you in preparing for and recovering from the procedure.

If you're wondering what you can do on your own to help with your arthritis pain, the following list may be a good starting point:

Getting exercise. Exercise is vital for relieving pain and maintaining joint function. Cartilage receives its nutrition from joint fluid, so the more you exercise, the better. To avoid additional pressure on the affected joint(s), try non-weight-bearing exercises like aquatic exercises or bicycling.

Taking supplements: Some nutritional supplements have shown promise for relieving pain, stiffness, and other arthritis symptoms. Glucosamine and chondroitin, omega-3 fatty acids, SAM-e, and curcumin seem to help alleviate pain associated with osteoarthritis and rheumatoid arthritis.

Avoiding processed and sugary foods. Fried foods, processed foods, and foods with high sugar content and high fat can

cause inflammation in your body and negatively impact your arthritis symptoms.

HOW CAN PHYSICAL THERAPY HELP RELIEVE ARTHRITIS?

While there is no known cure for arthritis, we do know that improving joint movement, muscle strength, balance, and coordination can help reduce pain and improve function. We will begin with an evaluation and a functional movement assessment at Breckenridge Physical Therapy to identify all of the factors that may be contributing to your pain.

Next, your treatment plan will be developed. Your treatment plan will be designed specifically for you, depending on the type of arthritis you are living with and the severity of your symptoms. This is done through targeted and proven methods, including:

Exercise and stretching. Light exercises and stretching will help to increase range of motion in the affected areas.

Weight control. Your physical therapist will work with you to control your weight through exercise and diet. Controlling your weight helps to prevent added stress on weight-bearing joints.

Getting enough rest. Your therapist will also recommend a schedule for rest and sleep to complement your exercises. This helps the body to heal and will hopefully reduce your amount of arthritic inflammation and pain.

Posture improvement. Posture work will help to reduce stress on your joints.

Contact Breckenridge Physical Therapy right away if you or a loved one is suffering from arthritis. We will start you on a treatment plan that will help you regain your mobility, comfort, and quality of life!

Exercise Essentials

Try this exercise to relieve pain.

SINGLE KNEE TO CHEST STRETCH

While lying on your back, hold your knee and gently pull it up towards your chest. Hold for 20 seconds and repeat on each leg.



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

SimpleSet Pro
www.simpleset.net

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
- ✓ Bend and move freely
- ✓ Balance confidently & securely
- ✓ Sit for long periods comfortably
- ✓ Walk for long distances
- ✓ Live an active & healthy life

Call us at 970.364.6601 or visit breckenridgephysicaltherapy.com



Call Breckenridge Physical Therapy at 970.364.6601, or visit our website at breckenridgephysicaltherapy.com to schedule your appointment today!

BENEFITS OF SPRING CLEANING

3 ALLERGY SEASON TIPS

ALLERGY SEASON AHEAD



Allergy Symptom Reduction

A thorough cleaning can greatly reduce the amount of dust in your home, which is helpful since about 20 million Americans are allergic to dust mites, according to the Asthma and Allergy Foundation of America.

Cleanliness Produces Happiness

Maybe you don't enjoy the process of cleaning, but the end result will leave you smiling. A 2010 study at the University of California, Los Angeles even found that having a clean home can improve your mood and reduce your risk of depression.

Declutter and Do a Good Deed by Donating

An essential part of a successful spring cleaning is getting rid of old items that are no longer used or worn. Apply the rule of thumb that if you haven't made use of something in a year, it's time for it to go. Fill bags and boxes of things, then donate them to a local charity so they can still be beneficial to someone else. Giving to others is an act that is associated with greater self-esteem, lower stress levels, and overall happiness.

Saxbe, DE and Repetti, R. "No place like home: home tours correlate with daily patterns of mood and cortisol." Personality and Social Psychology Bulletin. January 2010. Accessed 4 April 2017. <https://www.ncbi.nlm.nih.gov/pubmed/19934011>.

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

ALLERGY SEASON GOT YOU WORRIED? GIVE YOURSELF AN IMMUNITY BOOST!

These three tips can help you stay healthy and strengthen your immune system:

1. Aim for 8-9 hours of sleep each night.
2. Make a habit of 20-30 minutes of physical activity a day.
3. Maintain a nutritious diet heavy on fruits and vegetables. The essential vitamins are key to making sure your immune system is as healthy as possible.

HEALTHY RECIPE



Smoky Vegan Bacon

INGREDIENTS

- 1 large carrot
- 2 tablespoons maple syrup
- 1/4 teaspoon onion powder
- 1/8 teaspoon salt
- 1 teaspoon smoked paprika
- 1/8 teaspoon liquid smoke
- 1/2 teaspoon garlic powder
- 2 tablespoons olive oil

DIRECTIONS With a mandoline or vegetable peeler, cut carrot into long, thin strips. In a shallow bowl, whisk maple syrup, paprika, garlic powder, onion powder, salt and liquid smoke. Dip carrot slices into syrup mixture, allowing excess to drip off. In a large skillet, heat oil over medium heat. Cook carrot slices in batches until browned, 4-6 minutes, turning once.

Source: <https://www.tasteofhome.com/recipes/smoky-vegan-bacon/>

HAS YOUR PAIN RETURNED OR A NEW ONE STARTED?

COME BACK TO PT!

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

970.364.6601

BRECKENRIDGE



PHYSICAL THERAPY

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***Do You Know Anyone
That Needs Our Help?
Refer-A-Friend Today!***

***Call us to schedule an
appointment today!***

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breckenridgephysicaltherapy.com

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