



NEWSLETTER

ARE YOUR HIPS
CAUSING YOUR

**BACK
PAIN?**

FIGHT BACK WITH
PHYSICAL THERAPY

**STRESSED? PHYSICAL
THERAPY CAN HELP**

DETAILS INSIDE

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breckenridgephysicaltherapy.com

NO DOCTOR REFERRAL
NECESSARY TO SEEK
PHYSICAL THERAPY
DETAILS INSIDE

ARE YOUR HIPS CAUSING YOUR BACK PAIN?

FIGHT BACK WITH PHYSICAL THERAPY

Do you notice your back pain seems to get worse the longer you sit? Do you sometimes feel your back pain in the front or deep in the pelvis? You may be experiencing back pain that is connected to your hips. At Breckenridge Physical Therapy, we are skilled at figuring out where your pain stems from to ensure you find relief no matter what!

Over 80% of the population will experience back pain at some point in their life. Unfortunately, most back pain cases are non-specific, meaning that there is no primary cause for your pain. Often back pain is the combination of several factors affecting one another.

With non-specific back pain, there are interconnected factors that contribute to your pain, such as:

- Prolonged sitting postures
- Weak core (i.e., abdominal, spinal, and gluteus muscles)
- Poor mobility of hip, pelvis, and spine

Your hips have a large range of motion that works together with the movement of your pelvis and spine. Prolonged sitting over weeks, months, or years can create mobility limitations and muscle imbalances. These changes affect the natural movement of the hip joints, which in turn causes altered posture of your spine and contributes to the development of low back pain.

Luckily, you can feel better by improving your hip, pelvis, and spine mobility. Contact Breckenridge Physical Therapy today to find out how!

HOW THE HIPS AFFECT BACK PAIN

Your hips are part of a kinetic chain, meaning they are part of the system of overlapping segments connected via our joints. This system functions whereby movement at one joint affects movement at another joint. This system must work together for your body to function correctly.

When one part of the kinetic chain — the hips — is out of balance, stress is placed on another part — the back.

If you are experiencing back pain, the movements in your hip may be the source of the problem. Prolonged positions can lead to restrictions in the hip joint, leading to the muscles surrounding your hip joint becoming tense and painful. If your hip function is abnormal, the mechanics of your lower back may be altered, causing pain in both regions.

(Continued inside)

ARE YOUR HIPS CAUSING YOUR BACK PAIN?

(Continued from outside)

If you notice that you are feeling tight or stiff in the hip, pelvis, or spine areas, don't hesitate to contact us as soon as possible to find relief!

HOW PHYSICAL THERAPY CAN HELP

Our physical therapists can help in a variety of ways. We will start with a hands-on evaluation and movement assessment to identify what part(s) of the kinetic chain may be contributing to your pain.

This will consist of a thorough history to understand the specific movements and positions you need in your everyday life. It is essential to understand the demands on each joint and the overall function of the system.

We will use this information to develop a comprehensive program that includes targeted manual techniques, mobility work, strengthening, and any pain relief technique at our disposal.

Your physical therapist will then incorporate sport-specific treatments with a "return to sport" progression to assist you in a safe return to training and competition. Every good therapy program will include injury prevention strategies that ensure you stay doing what you love!

WHAT TO EXPECT AT YOUR PHYSICAL THERAPY VISITS

The movement screen and postural analysis in our physical examination may indicate an increased lower back curve and abnormal pelvic tilting. These are indications of a dysfunctional kinetic chain.

Targeted manual techniques and specific stretches are used to alleviate the tension of a tight muscle, leading to more significant improvements in range of motion. Once the tight hip, pelvis, and spine muscles are released, strengthening will help ensure the system's health and function.

If you are looking for a safe and effective treatment method for treating your back pain and figuring out if it originates from your hips, you will benefit from consulting with one of our physical therapists.

CONTACT US TODAY TO SET UP AN APPOINTMENT

Our mission is to help relieve your painful back symptoms while simultaneously improving your hip mobility, strength, and function. Contact Breckenridge Physical Therapy today to get started on the first steps toward relief!

970.364.6601

breckenridgephysicaltherapy.com

STRESSED? PHYSICAL THERAPY CAN HELP



Getting regular exercise is great for your body, and it's also one of the most effective ways to improve your mental health. Regular exercise can have a profoundly positive impact on depression and anxiety. It also relieves stress, improves memory, helps you sleep better, and boosts overall mood.

Depending on what kind of stress you are dealing with, you may start noticing pain in certain areas of your body. This is because stress manifests itself in our physical form: the way we walk, sit, stand, and even lie down at night can all be negatively impacted by stress. You may notice your back, hips or shoulders are aching lately, as these are three places many people tend to "carry" their stress.

Dealing with stress constantly can also manifest in the form of headaches. Physical therapy may not be the first thing that comes to mind when considering treatment options for headaches, however, it may be the ideal treatment if you're experiencing tension or stress headaches.

We want you to know we stand by you in all kinds of unforeseen circumstances. Our office is open for appointments, whether your ailment is physical or mental. Give us a call today for more information on how physical therapy can help you stay afloat during these stressful times.



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

Exercise Essentials

This is a good stretch for your lower back.

DOUBLE KNEE TO CHEST STRETCH

Lie on your back, knees bent, feet flat on the floor. Contract your deep core and continue breathing normally. Now straighten your leg by sliding your heel down, keeping pelvis level. Slide heel back up towards buttock, alternate legs. Repeat 10 times with each leg.



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

Contact Breckenridge Physical Therapy today at **970.364.6601** for more information!

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 970.364.6601 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

PATIENT SUCCESS STORIES

“MY LOWER BACK INJURY IS NO LONGER PAINFUL”

“I highly recommend Breckenridge Physical Therapy. My therapist, Alexander Kuck, is knowledgeable, considerate, thorough, and he gets results. My lower back injury is no longer painful and Alex is coaching me in strengthening exercises to prevent recurrence. Connie and Logan are helpful and efficient and they keep the office running smoothly.” — **Kim A.**

HEALTHY RECIPE

Grilled Chicken Caprese



INGREDIENTS

- 2 (about 1 lb) large boneless, skinless chicken breasts
- 2 tbsp olive oil
- 2 oz fresh salted mozzarella
- 2 plum tomatoes
- 1/4 cup fresh basil

DIRECTIONS Set grill to medium. Lay the chicken breasts flat and cut horizontally with knife parallel to cutting board to form 4 thinner cutlets. Brush chicken with the olive oil and season all over with salt and pepper. Place chicken on grill and cook 4 min. per side. Meanwhile, very thinly slice the mozzarella. Thinly slice the tomatoes. Thinly slice the basil. Arrange tomato slices on chicken. Top with mozzarella. Cover and cook another 2-3 min., until cheese melts and chicken is cooked through. To serve, season with pepper and garnish with basil.

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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