



NEWSLETTER

TACKLE YOUR UNWANTED KNEE PAIN

WITH PHYSICAL
THERAPY!

**3 TIPS TO IMPROVE YOUR
NUTRITION THIS FALL**

See Inside

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breckenridgephysicaltherapy.com



KICK AWAY YOUR UNWANTED KNEE PAIN WITH PHYSICAL THERAPY

BPT
NO DOCTOR REFERRAL
NECESSARY TO SEEK
PHYSICAL THERAPY
DETAILS INSIDE

Do your knees often catch or cause pain with squatting or climbing stairs? Are you tired of your knee getting in the way of enjoying your runs? At Breckenridge Physical Therapy, our physical therapists can help you find relief and get you moving again!

Knee pain can be debilitating, making walking, running, and moving difficult. It may even hinder your ability to do simple things like sitting through a movie or a long car ride. The location of your pain helps determine which structures are involved and can help ensure proper treatment.

Often the pain leads to avoiding activity, but this strategy does not help in the long run. Inactivity often leads to more dysfunction and disability. Physical therapists are movement experts, and if your symptoms are severe or last more than a few weeks, your first step should be to contact our physical therapists!

At Breckenridge Physical Therapy, we can get you moving again by relieving your pain and improving your mobility and strength so you can safely resume the activities you enjoy, including running!

WHAT ARE THE MOST COMMON KNEE INJURIES?

Your knee is one of the largest joints in your body, made up of a complex system of bones, tendons, and ligaments. Knee injuries can result from direct contact or a sudden movement that strains the knee. When no specific event is connected to the damage, the most common knee pain causes aging, injury, or repeated stress on the knee.

Many people (including some doctors) mistakenly believe running ruins knees or causes knee arthritis. For years it was thought that activity led to wear and tear of the cartilage in the knees. Recent

research has concluded that inactivity is far worse for joints, knee joints in particular. Activities like running are the very thing that keeps our joints healthy and protects the cartilage to minimize the likelihood of developing arthritis.

Knee pain can be mild or severe and include sprained ligaments, cartilage tears, tendonitis, and arthritis. Some common knee injuries include:

Arthritis. The most common type of arthritis for knee pain is osteoarthritis (OA). This condition occurs when the cartilage surrounding your joints deteriorates, and the joint no longer has a sufficient cushion between the bone. This leads to joint inflammation, with varying levels of pain and dysfunction.

Cartilage Injuries. There are two common cartilage injuries:

- **Meniscus injury.** The meniscus serves as a shock absorber and helps maintain stability in the knee. A meniscus tear can be caused by contact or non-contact activity when the knee twists suddenly. Some tears are the result of wear and tear.
- **Articular cartilage injury.** The articular cartilage is a smooth covering on the bones that allows for frictionless sliding of one bone on another. Articular cartilage is injured by direct trauma or wear and tear.

Ligament Injuries. Our bones are connected by ligaments. The ligaments in your knee act like leather straps to hold the bones together and keep your knee stable. Ligaments are often stretched and/or torn during a sudden motion.

- **Anterior cruciate ligament (ACL).** It is located in the center of the knee and controls rotation and forward movement of the shin bone.

(Continued inside)

KICK AWAY YOUR UNWANTED KNEE PAIN

(Continued from outside)

- **Posterior cruciate ligament (PCL).** It is located in the back of the knee and controls the backward movement of the shin bone.
- **Medial collateral ligament (MCL).** The medial collateral ligament is on the inside of your knee and provides stability to sideway motions.
- **Lateral collateral ligament (LCL).** The lateral collateral ligament is on the outside of your knee and provides stability to the sideways motions.

Tendinitis. Your tendons are thick connective tissues that attach muscles to bones. Tendinitis occurs when the tendon becomes inflamed due to repetitive movements. It is common with running, jumping and landing motions and also in sports like skiing, cycling, or long distance running.

Patellofemoral Pain Syndrome. Runner's knee is the most common running-related injury/condition known as patellofemoral pain syndrome. It is often an overuse injury and affects as many as 30% of female and 25% of male runners.

For most runners, the pain starts from training errors, specifically overuse errors. For example, when runners attempt to increase their mileage/distance or intensity too rapidly or too frequently results in breakdown and typically pain. For some runners, weakness in the hip musculature can lead to the development of pain in the knee.

Knee pain can make it hard to walk, rise from a chair, climb stairs, run or play sports. Our physical therapists are trained to diagnose and treat knee pain and help ease your pain and get you back to doing what you love!

HOW PHYSICAL THERAPY CAN HELP YOUR KNEE PAIN

Physical therapy for knee pain involves a thorough assessment of your entire lower extremity, including your hip, knee, and foot. Our team will examine your knee for signs of misalignment or structural damage and assess your stance, gait, and functional movements like squats and steps.

Your therapist will prescribe the right treatments — including exercises, manual therapy, and modalities — to help decrease knee pain and improve overall mobility. We will provide you with a supervised, progressive program to get you moving again.

Our programs to reduce pain and restore function include range-of-motion, strength training, proprioception, and neuromuscular control activities. If you are looking for guidance in pain-free running, our physical therapists can help. We will incorporate a "return to run" progression to assist you in a safe return to training and competition.

If you are living with knee pain, contact Breckenridge Physical Therapy today. We'll help relieve your pain so you can get back to living your life and running your race comfortably!



What do you think of when you hear the word fall? Crisp refreshing days? Bonfires and changing leaves? Pumpkin carving? What if you were to focus on your nutrition this fall?

The food we eat has a significant impact on several elements of our health, particularly our heart health. Obesity, weight gain, physical inactivity, stress, high blood pressure, and high cholesterol all increase the risk of heart disease and other cancers.

Considering the importance of nutrition, it's never the wrong time to think critically about your diet. At Breckenridge Physical Therapy, we know that fall can be busy, which is why we want to give you a few simple tips on how to improve your nutrition this season.

1. Try to eat more root vegetables — The majority of root vegetables are available all year, but they are most ripe from fall to spring. During the cooler months, garlic, onions, ginger, turnips, carrots, sweet potatoes, beets, and parsnips provide plenty of flavor and nutrients. Many root vegetables are high in folate, which is essential for cell growth and metabolism!

2. Make a hearty soup — Making a large pot of soup every weekend is a great way to improve your nutrition throughout the week. Soups, while they can take several hours to cook, usually require very little active time.

When it comes to recipes to try, your options are virtually endless. There's hearty bean soup, pureed root vegetable soup, winter squash soup, traditional chicken noodle soup, chili, and so much more! And with temperatures dropping, what tastes better than a warm stew?

3. Select leaner sources of protein — Did you know that regularly eating red meat and processed meat can raise the risk of type 2 diabetes, coronary heart disease, stroke and certain cancers?

So, instead of opting for red meat, select leaner sources of protein for your meals and recipes. This can include chicken, turkey, beans, lentils, low fat yogurt, fish, tofu, and nuts.

If you think you need a little more help developing a healthy diet this fall, contact Breckenridge Physical Therapy today. We can help you develop an exercise and nutrition plan that works for your needs.



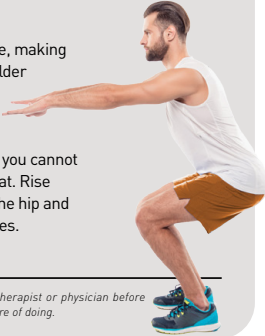
Call Breckenridge Physical Therapy at 970.364.6601, or visit our website at breckenridgephysicaltherapy.com to schedule your appointment today!

Exercise Essentials

Try this simple exercise to help relieve knee and hip pain.

SQUAT

Stand with good posture, making sure your feet are shoulder width apart. Perform a squat by bending at the hip and knees. Stop at the point where you cannot keep your lower back flat. Rise up by straightening at the hip and knees. Repeat 7-10 times.



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

Join the Breckenridge PT Team!

We are looking for an **Office Manager**. If you or someone you know are interested, call us at

970.364.6601

Sudoku

Level Medium

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

1sudoku.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

"TOTAL SATISFACTION!"

"Justin's treatments and prescribed workouts fixed my long time knee pains surprisingly fast. And my vertigo rarely appears any longer — a side issue that he treated while working on my knee. The next sessions worked on my upper arm pains — and those have now been resolved. Total satisfaction!" — **Alan S.**

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



WANT TO LEARN MORE ABOUT
RELIEVING KNEE PAIN?

COME BACK TO PT!

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

970.364.6601

BRECKENRIDGE



PHYSICAL THERAPY

106 North French St #250
Breckenridge, CO 80424

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

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

P : 970.364.6601

F : 970.453.1960

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