

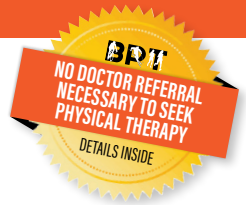


## Improve Your Spine Health by Improving Your Posture!

**COME ON!** LEARN HOW YOUR PHYSICAL THERAPY TREATMENT COULD COST YOU ABSOLUTELY NOTHING!

### *See Inside*

- *Exercise Essentials*
- *Patient Success Story*
- *Sudoku*



# Improve Your Spine Health by Improving Your Posture!

Do you find your back and neck getting stiff and sore at the end of the day? Do you notice your mood feels worse after sitting slumped over your computer? If so, your posture may be to blame.

At Breckenridge Physical Therapy, our physical therapists can help determine if your posture is the problem and how to restore it for a healthy spine!

Your body was made to move, especially your spine. It is typical for areas of your spine to tighten up, placing too much strain on other areas. When this happens, those areas can become irritated and painful.

Too often, we spend our time staring at a computer screen, hunched over our desks, or looking down at our phones. These postures create a lot of stress on our spine. The worse your posture is, the more intense your back and neck pain, the harder it is to breathe, and the worse your mood becomes.

Fortunately, Breckenridge Physical Therapy can help ease some of these stressors. Specialized hands-on techniques and targeted exercises can help restore mobility and strength in your spine and improve your posture.

Our dedicated physical therapists can teach you how to correct your posture and bring you relief before it becomes a significant problem! Call today to make an appointment.

## WHAT EXACTLY IS GOOD POSTURE?

When people think of posture, they usually imagine someone sitting tall or perhaps

slumped. Or they imagine someone standing tall at attention (like in the military). Posture is the position(s) of a person's body in space. This includes how we move, like our lifting postures or reaching postures.

When the spine is in its natural position, the vertebrae stack up over one another. This is what people call "good posture" (also referred to as a neutral spine). This neutral spine posture allows the body to absorb and distribute stresses from everyday activities such as sitting, standing, walking or more intense activities such as running and jumping.

Our spine is designed to move, which means our posture should also move. The spine does not like to remain in any one position for extended times. Our therapists can help teach you to find your neutral spine posture to counteract the slouching to alleviate your pain and improve your overall health!

## WHAT YOU CAN DO TO IMPROVE YOUR POSTURE

Prolonged slumping while standing or sitting can cause your back, hip/pelvis, and abdominal muscles to become strained and painful. Poor postural habits also impact your overall health by reducing your cardiovascular function, inhibiting your breathing, impacting your balance and gait, and harming your overall mood.

Our highly trained therapists can educate you about your posture's impact on your body and teach you simple skills to find and maintain a neutral spine. For example, when you're standing, imagine your breast bone is lifted towards the sky.

*(Continued inside)*

# IMPROVE YOUR SPINE HEALTH BY IMPROVING YOUR POSTURE!

*(Continued from outside)*

This will naturally cause your spine to straighten out — lifting you up — keeping your hips, spine, shoulders, and neck aligned.

Prolonged sitting is the position that puts significant pressure on the lower back. It is essential to break up your sitting time throughout the day and take frequent breaks. Schedule standing or walking activities at various times throughout the day to ensure you limit your sitting to about 45-60 minutes at a time.

## HOW CAN PHYSICAL THERAPY HELP MY POSTURE?

Physical therapy is the right solution to improving your posture and spinal health. Our physical therapists are experts in evaluating posture and movement. By pinpointing the source of your aches and pains, we can develop a plan for you that will return you to an ideal posture and quickly relieve your pain.

It is normal for people to lose a sense of how their postural muscles work and contribute to the health of their spine. These muscles become weak and uncoordinated with prolonged sitting, before/after pregnancy, and after surgeries or injuries.

Strength training exercises have been shown to help improve our overall posture. It is vital to make sure your core muscles (i.e., hip/pelvis, back, and abdominal muscles) are strong and integral to practicing proper posture.

Your therapist will teach you strategies like:

- **Stand tall whenever you are standing or walking.**
- **Use support when you sit to keep your posture correct.**
- **Maintain a straight spine when you lift heavy objects.**

We can help you mobilize your spine and strengthen the surrounding muscles to alleviate the pain associated with your poor postural habits.

## IMPROVE YOUR POSTURE WITH BRECKENRIDGE PHYSICAL THERAPY TODAY!

Get back to your optimum health by consulting with a licensed physical therapist. We'll help you achieve the strong spine health you need. Contact our office today to get started on the path toward better posture and decreased pain!



# Come On!

## There's no way around it: health insurance benefits can be absolutely mind-boggling.

Time after time, we've seen patients come through our doors with their insurance cards in one hand and their cell phones in the other as they call their insurance companies in an attempt to figure out what they need to pay for their treatment.

Now that the end of the year is getting closer, many patients have met their insurance deductibles. If this is you, this means **your physical therapy treatment could cost you absolutely nothing!**

Patients with family plans or those who have had major surgeries or chronic illnesses are especially likely to have a \$0 balance remaining on their out-of-pocket expenses. This means that the cost of treatment at (practice name) could be minimal or entirely covered by your insurance plan!

You should be enjoying time spent with your family this fall instead of stressing about insurance and whether or not you can afford treatment.

If you've met your insurance deductible for the year, it's a good idea to visit (practice name) for treatment. We specialize in treating a variety of acute and chronic pain conditions and injuries and hold ourselves to high standards regarding our treatment methods and techniques.

**Are you in need of physical therapy? Check in on your insurance deductibles and visit our clinic today. We'll guide you through safe and affordable physical therapy treatment this fall!**

**970.364.6601**



Call Breckenridge Physical Therapy at 970.364.6601, or visit our website at [breckenridgephysicaltherapy.com](http://breckenridgephysicaltherapy.com) to schedule your appointment today!

## Exercise Essentials

*This exercise helps improve your posture.*

### ARM FLY

Lay flat on your stomach with your arms at your side. Lift your chest and your arms off the floor then slowly move your arms to a "T". Repeat 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 is interested, call us at

**970.364.6601**

## Sudoku

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

Tsudoku.com

Level Medium

## 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 is an outstanding physical therapist. A true problem solver, he doesn't just follow a protocol or textbook approach. Instead, he applies his huge knowledge base to keep patients moving forward as quickly as is safe and possible. His explanations are clear, and he can point you to the best equipment/gym options at the lowest cost. I highly recommend the entire team at Breckenridge Physical Therapy (in fact, I've individually referred four people to them, all of whom are very happy with their care)." — **Ellen C.**

## 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 & security
- ✓ Live an active & healthy life

Call us at 970.364.6601 or visit [breckenridgephysicaltherapy.com](http://breckenridgephysicaltherapy.com)



WANT TO LEARN MORE ABOUT  
IMPROVING YOUR POSTURE?

## 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!*

**970.364.6601**

F: 970.453.1960

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[breckenridgephysicaltherapy.com](http://breckenridgephysicaltherapy.com)

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

***DETAILS INSIDE***

