



STAYING ACTIVE THIS WINTER WITH PHYSICAL THERAPY

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

STAYING ACTIVE THIS WINTER WITH PHYSICAL THERAPY

Do you find the cold weather makes it challenging to get motivated?

Are you worried about your workout being interrupted by you spending your time slipping and sliding?

At Breckenridge Physical Therapy, we can help you find ways to stay active safely no matter the weather conditions!

It doesn't mean you have to stay indoors because it is winter. Remaining active in the winter months is just as important as remaining active during other seasons. The winter presents several fun activities that can double as workouts.

Even something as small as taking a walk around the neighborhood to look at holiday lights or building a snowman with your kids can give you the amount of daily exercise you need. Getting out on your cross-country skis is also a fun way to enjoy the weather while getting a great workout.

At Breckenridge Physical Therapy, we can design specialized treatment plans for anyone who may need a little extra push to stay active during the winter.

Contact us today to request an appointment with one of our physical therapists!

HOW TO EXERCISE SAFELY IN THE WINTER



It is undeniable that daily exercise is essential for staying healthy and promoting wellness. The American Heart Association recommends getting at least 150 minutes of moderate-intensity aerobic activity per week.

Depending on the type of workout, exercising in colder weather can meet and exceed these recommendations. **Cross-country skiing is one of the most popular activities to get out into the fresh air and take advantage of a recent snowstorm.**

Too often, it seems easier to stay in, nestled in blankets, while it's snowy and cold, and there is evidence that we work out around 10 minutes less per day in the winter compared with the summer months.

With winter, some risks don't exist in warmer months. For example, slipping on ice as you walk or run on the sidewalk, or more severe risks like hypothermia or frostbite can result from improper clothing or underestimating the temperature.

Staying safe is essential to staying active. You can take some steps on your own to decrease your risk of sustaining a fall-related injury while participating in winter activities. These include:

- Choose shoes with winter soles for traction.
- Add slip-on spikes to your boots on the extra icy days to reduce your risk of slips and falls.
- You can also get a pair of ski or walking poles to help keep your balance.

Staying active is a necessary component of well-being and one of the best ways to improve your mental and physical health. Physical activity has been linked to the following:

- Improved sleep
- Strengthening your muscles and bones
- Improving balance and reducing your risk of falling
- Lowering blood pressure, risk of type 2 diabetes, and many kinds of cancer
- Maintaining or losing weight
- Mental health benefits include reducing anxiety and depression
- Reducing the risk of dementia and Alzheimer's

Exercising in the cold can be invigorating and boost the immune system. Even a few minutes of outdoor exposure during the winter can help prevent bacterial and viral infections.

Anything you can do to spend less time sitting and keep active during the winter months is a step in the right direction!

What To Expect At Your Physical Therapy Sessions

At Breckenridge Physical Therapy, we want to make sure you stay safe this winter, so you can enjoy doing the season's activities without fearing a harsh fall or other serious injuries. No matter what winter activity or exercise you're partaking in, warm-ups should always include a combination of low-intensity movements that will make the physical move easier to perform.

Our physical therapists will start with an assessment identifying the factors contributing to your pain and/or injury. We will perform a thorough history to understand more about your challenges and your overall health status.

We will use this information to develop a comprehensive program that includes targeted manual techniques, mobility work, strengthening, and appropriate pain relief techniques. We will progress your program to help you get back to the activities you enjoy in the most efficient way possible.

If you are interested in more vigorous sports like cross-country skiing, our physical therapists can help. We'll prepare you for the season by designing exercises geared toward skiing. For example, starting strength training exercises for the core and leg muscles and cardiovascular exercises in the summer and fall months will help ensure your body is ready this winter.

Whether you're looking for ways to recover from an injury and help to get you moving this winter, Breckenridge Physical Therapy can help.

Contact us today to find out how we can help get you ready to make sure your winter season is as enjoyable as possible!

Exercise Essentials

This exercise helps strengthen the quadriceps muscles

WALL SIT

Start by standing with your back against a wall and your feet shoulder width apart, placed slightly farther away from the wall. Slowly lower your body down the wall, digging your heels into the ground until your knees are at about a 90-degree angle. Hold this position for 30 seconds, bracing your abdominals and keeping your arms by your sides.



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



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



Snowboarding With Balance

4 Tips for Snowboarders and Other Athletes

Being able to maintain your balance in a variety of activities and positions requires coordinated action of your vision, sensation, musculoskeletal system, and vestibular system. To help all these elements work together, it's helpful to train your core strength, arm and leg strength, stamina, endurance, flexibility, agility, and hand/eye coordination. Such improvements with your overall physical ability can translate into other sports and your life in general, especially as you age.

The following suggestions are some additional ways to improve your balance for snowboarding in particular (although any type of active person can benefit from them, too):

- Experiment with balance tools** such as slack line, Indo boards, and Balance Bars
- Be sure to add in some single-leg exercises in the gym**, including step ups, back and front lunges, jump rope, agility ladder drills, and single leg kettlebell deadlifts
- Start a regular practice of yoga or Pilates** (these exercises also teach you many other essential components to balance, including mental focus and breathing)
- Consult with a physical therapist** – our licensed and board-certified clinicians can offer sport-specific and individualized balance skills and drills, as well as range of motion and strengthening exercises which help you address your unique physical imbalances

There is no point in your snowboarding season – or your life in general – where it's too late to start being more active! Do you need some help recovering from a sidelining injury? Curious about how improving your balance could help you have your best year on the slopes? **Contact Breckenridge Physical Therapy today. We'd love to work with you and help you empower yourself with a better sense of balance in body and mind!**

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

1sudoku.com

PATIENT SUCCESS STORIES

"OUTSTANDING!"

"I have had the good fortune to work with the outstanding therapists at BPT in treating various ailments over the years. Each time, they devised a top notch program for the rehab. Outstanding!" — **Jeffrey S.**

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!

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Do you know anyone that needs our help?

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- ✓ 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 IMPROVE YOUR PERFORMANCE IN WINTER SPORTS?

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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