



2023

MAKE THIS YOUR YEAR TO GET STRONGER, MORE ACTIVE & HEALTHIER WITH PT!

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BPT
NO DOCTOR REFERRAL
NECESSARY TO SEEK
PHYSICAL THERAPY
DETAILS INSIDE



BE HEALTHIER IN 2023!

We all know what happens when the New Year hits! Everybody starts attempting to set goals to improve their lives over the next 12 months. While there's never a bad time to prioritize your health and wellbeing, the beginning of a new year certainly feels like a great time to make major changes!

It doesn't matter if you're looking for new ways to become more active, or you just want to put a stronger pulse on your overall health, Breckenridge Physical Therapy is here to help you!

Breckenridge Physical Therapy wants all of our patients to know that we are behind you 100% when it comes to maintaining your wellness and embarking on a journey to better health. That's why we wanted to share some of the best things you can start doing today to get your health on the right track!

CALL 970.364.6601 TODAY!

ARE YOU LETTING PAIN HOLD YOU BACK? CALL TO SCHEDULE YOUR APPOINTMENT TODAY! 970.364.6601

2023

STRETCHES AND EXERCISES FOR IMPROVED HEALTH IN 2023

When it comes to getting fit, exercising more often is truly a no-brainer. There are tons of targeted stretches and exercises that may help you feel better and get into better shape at the same time.

Breckenridge Physical Therapy physical therapists are movement experts who enjoy teaching our patients how to perform a variety of exercises to make them stronger, as well as increase their flexibility, stability, and stamina.

Here are some types of stretches and exercising pointers that may help you improve your overall health. If you see a physical therapist, they may incorporate some of these into a treatment plan for you.

Aerobic activities

Aerobic stretches and exercises help increase your stamina. They keep you healthy, improve your fitness, and allow you to have an easier time doing the things you love.

Some forms of aerobic endurance exercises include:

- Biking
- Playing a sport
- Dancing
- Climbing
- Swimming
- Walking, sprinting

STRENGTH TRAINING EXERCISES

Strength training makes your muscles stronger and helps to prevent fall injuries. Some common forms of strength building exercises include:

- Lifting weights
- Using resistance bands during a workout

DYNAMIC STRETCHING TECHNIQUES

These stretches are a bit more interactive and can expand your range of motion. One example is a hamstring stretch, in which the leg is kicked upward through its range of motion, and gradually increases in height with each pass.

It's important to know your limits when it comes to your own range of motion, as excess momentum can overextend the limb and cause a painful injury to be sustained.

There are more ways that stretching can benefit you and help improve your overall performance and health. Healthline lists out a variety of things in your life that can be made easier by a regular stretching routine:

- Improves posture
- Increases range of motion
- Improves flexibility
- Improves your performance in physical activities
- Your mind will be calmer
- Increases blood flow to your muscles
- Helps decrease tension headaches

WAYS TO BOOST YOUR IMMUNITY

Making sure our immune systems are performing in tip-top shape should be a priority for everyone this year. After all, the stronger your

immune system is, the less likely you are to contract an illness that could leave you worse for the wear.

Harvard Health suggests a few helpful tips to make sure your immune system is working the way it's supposed to, including:

- Refraining from smoking
- Eat a diet high in fruits and vegetables.
- Exercising regularly.
- Maintaining a healthy weight
- Taking steps to avoid infection, such as washing your hands frequently and cooking meats thoroughly.
- Try to minimize stress.

Don't forget that physical therapy is essential for relieving pain and keeping your immune system healthy. If you're dealing with a chronic pain condition that is affecting your overall wellness, one of our skilled therapists can be of help!



Exercise Essentials

Try this exercise to help with balance.

TANDEM BALANCE, EYES CLOSED

Stand next to the back of a chair and place one hand on it for support. Place one foot right in front of your other so your heel is touching the tips of your toes. Close your eyes and then remove your hand from the floor. Hold this balance for 30 seconds and repeat.



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!



Are You Taking Care of Your Mental Health?

It's important to not only pay attention to your physical health, but also your mental and emotional health as well. S.A.D. or "Seasonal Affective Disorder" can really hit hard during the colder winter months. Many people find themselves feeling depressed, lethargic, and unmotivated to do the things they love.

Breckenridge Physical Therapy encourages our patients to reach out for counseling and guidance. 2020 has been hard on us all, and there's nothing wrong with asking for professional help or doing research to find things that you can do at home to boost your overall wellness.

A few things experts recommend that you do to improve your overall health are as follows:

1. Do something you're good at, such as journaling, reading, or some form of art.
2. Practice daily meditation.
3. Set up an appointment with a mental health specialist.
4. Regulate your sleep schedule.
5. Make sure you're maintaining a nutritious diet.
6. Schedule time every day to unwind and relax (such as taking a hot bath or shower!)

LET US HELP YOU BRING IN THE NEW YEAR RIGHT!

The beginning of a new year is certainly a wonderful time to set forth expectations about improving our health. If you're interested in learning more about how you can put your health first once and for all, contact Breckenridge Physical Therapy today for more information.

Sudoku

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

1sudoku.com

PATIENT SUCCESS STORIES

"I CAN'T SAY ENOUGH GOOD ABOUT THEM."

"Breckenridge Physical Therapy is an amazing place to get the help you need. Justin, Ellie and Alex are all incredibly knowledgeable and want to help you either avoid surgery or recover from it. I can't say enough good about them." — **Sally L.**

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!

Give This Coupon To A Friend Or Loved One!

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Do you know anyone that needs our help?

- ✓ Move without pain
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- ✓ 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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Breckenridge, CO 80424

***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

To Better Serve You!

**WE HAVE RECENTLY HIRED A NEW OFFICE STAFF
MEMBER AND WILL HAVE OFFICE SERVICE
FROM MONDAY-FRIDAY NOW. CALL TODAY TO
SCHEDULE YOUR APPOINTMENT AND START THE
NEW YEAR PAIN-FREE!**

