



NEWSLETTER



Stretching Your Pain Away

See Inside

- Exercise Essentials
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- Warming up and Cooling Down Properly

970.364.6601

breckenridgephysicaltherapy.com



BPT

NO DOCTOR REFERRAL
NECESSARY TO SEEK
PHYSICAL THERAPY

DETAILS INSIDE

Stretching For Pain Relief



FIND OUT IF STRETCHING CAN HELP RELIEVE YOUR PAIN

Have you noticed how good it feels to stretch after a long car ride? Or maybe you don't feel any relief stretching the tightness you feel in your back. It can be frustrating to know when to stretch and when not to stretch. Fortunately, at Breckenridge Physical Therapy, our physical therapists can clarify when exactly you need to stretch so you can get the relief you need!

Many everyday aches and pains stem from tight muscles and poor mobility. The key to good health is to keep your body mobile. This helps your circulatory, respiratory, lymphatic, and musculoskeletal systems.

Having good mobility means your joints and soft tissues move freely, without restrictions. Poor postural habits, repetitive movements, and injuries can all lead to limitations in your mobility, leading to pain.

Normal blood and lymphatic fluids circulate the body easier when your tissues are mobile, oxygenating your tissues properly. This improved circulation helps you feel energized, relieves pain, and allows you to perform daily tasks without feeling tired.

What Does It Mean To Stretch?

Although most people know what stretching means, it is essential to make sure you understand how the word is used in physical therapy. There is some confusion about when and why we should stretch, and also about the benefits of stretching.

When the main emphasis is to move better and feel better, you are heading

in the right direction. Targeted stretching in physical therapy is to alleviate discomfort and/or improve mobility. Like most therapy interventions, the timing and intention matter so that you can find relief and get moving again.

There is a common belief that stretching and being more flexible can prevent injury, but unfortunately, the research shows this is not always the case. For example, you can have muscles that are free of damage and restrictions and not flexible. Or you can have muscles that have injuries and/or limitations that need to be more flexible. Our physical therapists can help you figure out where you need help and guide you through a program tailored to meet these needs.

The notion of lengthening a muscle, for example, is an exaggeration of what happens. Our muscles/tendons attach to one bone at point A (i.e., origin) and another bone at point B (i.e., insertion). The nervous system really controls how far the muscles can stretch. Increasing mobility is more about relaxing than changing the length.

Our physical therapists are experts at identifying your specific needs and designing a program that is tailored to you for the best possible outcome!

(Continued inside)

CALL 970.364.6601 TODAY!

STRETCHING FOR PAIN RELIEF

How Physical Therapy Can Help You Stretch Properly

Our physical therapists help you in a variety of ways. We will start with an injury evaluation and a biomechanical assessment to identify all the factors contributing to your pain and restrictions.

This will consist of a thorough history to understand your typical daily activities, including your body's specific demands and overall health status.

We will use this information to develop an individualized program that includes targeted manual techniques, mobility work, strengthening, and appropriate pain relief techniques for the individual athlete.

Your physical therapist will then incorporate specific stretches that help you improve your mobility and alleviate your pain. Our goal is to ensure you have an effective program that assists you in a safe return to your normal activities.

Every good therapy program will include injury prevention strategies that ensure you stay doing what you love. We will help you understand how and why stretching can assist you in staying pain-free!

Contact Us Today!

There are many other ways that stretching can help you live your best life. If you want to add stretches to your daily life, contact Breckenridge Physical Therapy today for assistance!

One of our dedicated physical therapists will teach you which will be best for you and create a targeted, individualized care plan to promote accelerated recovery and future injury prevention!



**CALL BRECKENRIDGE
PHYSICAL THERAPY TODAY
TO GET THE RELIEF
YOU DESERVE!**

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!

PATIENT SUCCESS STORIES

"Everyone at Breck PT is super nice and concerned about my care and improvement. I HIGHLY recommend them. Justin did such a great job rehabbing my shoulder after major reconstruction that the surgeon said my range of motion was "astounding" and my strength was "excellent" at my 6-month followup.

After such great results with my shoulder, I asked Justin if he could help with my back, which I broke 30 years ago, before physical therapy was a "normal" part of recovery. **After just two sessions, I had my first pain-free day in 16 months** (it was an incredible feeling). As my range of motion increases and strength improves, my pain continues to decrease. **If it had taken me a year to get to this point, I would have been happy. Instead, I've improved this much in less than 2 months – I'm ecstatic!**

Justin's explanations are clear and easy to understand, his plan makes sense, and he's adaptable to changing needs and conditions. In the interests of full disclosure, **I've consistently done the stretching and exercises he advised. It's definitely a joint effort, but the quality of life and ability to ski pain-free are SO worth it.** I'm so grateful for his knowledge and help." — Elen C.

Exercise Essentials

Try this stretch to help condition the hip.

PROXIMAL HIP STRETCH WITH ADDUCTION IN SUPINE

Start by lying flat on your back. Slowly bring one knee up toward your chest and grab hold of your leg with your arms on your lower leg just above your knee. Gently pull your leg toward your chest and then slightly across your body to stretch your butt but do not let your hips rise. Hold for 30 seconds.



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!



WARMING UP AND COOLING DOWN PROPERLY

Are you looking for the most effective ways to minimize injuries and maximize performance? At Breckenridge Physical Therapy, our physical therapists are up-to-date on the most advanced strategies to help you reach your highest potential.

There have been significant changes in sports performance and the most effective way to prepare an athlete for competition. Rather than wasting your time with outdated strategies, our therapists at Breckenridge Physical Therapy will teach you how to warm up and cool down correctly to give you the edge in preparing for competition and preventing injuries at the same time!

What Are The Most Effective Warm-Ups And Cool-Downs To Prevent Injuries?

Dynamic stretching involves performing active movements that repeatedly stretch the muscles to their full range of motion while mimicking the sport you are about to play. Dynamic stretching has been shown to help improve range of motion and increase blood flow and overall performance, especially in sprinting and jumping sports.

Warm-ups that simulate the actual sport (functional movements) give you an added advantage by helping improve your performance during practice or competition. There is significant evidence to support the use of warm-up programs in team and individual sports, with an expected reduction of the risk of injury by over 35%.

But long-duration (<60 seconds) static stretching may impair your performance and should be avoided or followed up by dynamic stretching and/or a general warm-up.

Cooling down after participation is also known as recovery. Recovery is as important as warming up and should consist of proper hydration, nutrition, gentle stretching, and/or foam rolling to minimize post-workout soreness. Adequate recovery also ensures your body is ready to handle training demands the following day.

Request an appointment with one of our physical therapists at Breckenridge Physical Therapy, and let us teach you how to warm up and cool down properly. No matter your age or ability, learning to warm up and cool down can make all the difference between injury and playing pain-free!

Sudoku

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

1sudoku.com

Level Medium

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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 IMPROVE YOUR PERFORMANCE
IN SPRING AND SUMMER SPORTS?**

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
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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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SCHEDULE YOUR APPOINTMENT AND START THE
NEW YEAR PAIN-FREE!**

