



REQUEST AN APPOINTMENT

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



# PREVENT INJURIES WITH PHYSICAL THERAPY!



**INSIDE:  
BICYCLE FITTING**

Do you have nagging injuries that just don't seem to go away? Have you ever wondered what you can do to prevent injuries? At Breckenridge Physical Therapy, our skilled therapists are experts at identifying the steps you need to take to resolve your injuries and prevent them in the future!

Perhaps the most common injury that people endure from physical activity is an overall feeling of soreness caused by overusing the muscles, tendons, and ligaments. This typically occurs when completing an exercise that the body is not used to or exercising after a prolonged rest period. The soreness usually goes away on its own, but the severity of the damage determines how long the body will need to recover.

At Breckenridge Physical Therapy, our licensed physical therapists can guide you through proper stretches, movements, and exercises to recover from and prevent future injuries from occurring.

Call today to schedule an appointment with one of our experts!

## How To Tell Injury From Normal Aches And Pains

There are obvious signs of significant injuries like bruising, swelling, deformity, and severe pain, but it can sometimes be confusing to tell if you are just a little sore or have injured yourself. Many injuries occur due to improper techniques or overexerting your body. Fortunately, physical therapists are trained in identifying and treating musculoskeletal injuries.

Some of the most commonly sustained injuries include sprains and strains. Many people think sprains and strains are the same things, but they describe damage to different tissues.

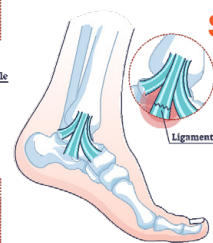
**Sprains** occur when a ligament is stretched beyond its limits or torn.

**Strains** occur when a tendon is stretched beyond its limits or torn.

### STRAINS



### SPRAINS



Tendons are tissues that connect muscles to bones, and ligaments are tissues that connect bones to the bone.

Sprains and strains can vary from mild to severe, and even mild ones may take weeks to heal. If they are more severe, braces or surgery may be necessary. It is important to note that it is in your best interest to have a physical therapist make sure a sprain or strain is fully healed before returning to your normal level of physical activity.

*(Continued inside)*

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## What To Expect In Physical Therapy

Our physical therapists evaluate and treat all types of sprains and strains related to an injury, disease, or unhealthy lifestyle. Our team is composed of movement experts who have the knowledge and training to diagnose, evaluate, and treat any musculoskeletal condition that comes their way.

We play a leading role in preventing, reversing, and managing injuries that are old and new. Every program is designed based on your individual needs. We use objective measurements to determine the severity of your injuries and build your program accordingly.

We can guide you through proper exercises and specialized treatments to relieve your joint and muscle pain, increase your strength and flexibility, and prevent future injuries from occurring.

### Contact Us Today!

If you are suffering from aches and pains, you think you may have sustained an injury, or you'd like to learn more about injury prevention, contact Breckenridge Physical Therapy today.

One of our dedicated physical therapists would be happy to meet with you for a consultation and discuss how our different programs can help you remain active and pain-free!

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## Exercise Essentials

*This exercise helps strengthen your hips.*

### STANDING HIP ADDUCTION

Start by anchoring a resistance band low to the ground. Stand sideways in relation to the anchor and hold a chair for balance. Loop the end of the band around your foot that is closer to the anchor and raise your foot slightly off the ground. Make sure there is tension in the band. Slowly bring your leg in and across your body against the band. Slowly let the band pull your leg back out. Make sure your knee stays straight. Repeat 10 times.



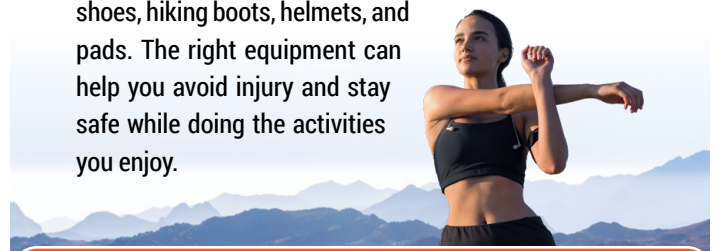
*Always consult your physical therapist or physician before starting exercises you are unsure of doing.*

# 7 EASY WAYS TO PREVENT INJURIES ON YOUR OWN

Your physical therapist will conduct a physical evaluation to determine the severity of your sprain or strain injury. Through a thorough assessment, your therapist will be able to pinpoint precisely what is causing your pain. We will provide constant feedback and allow refinement of your program to ensure it provides optimal results.

In addition, your therapist will instruct you on the most effective injury prevention strategies, including:

1. **Sleep** is the most effective strategy with the most significant effect on injury prevention and sports enhancement...8-10 hours per night.
2. **Strength training** is one of the most effective injury prevention strategies to help stay injury-free.
3. **Dynamic warm-ups** (i.e., foam rolling, stretching, and sports-specific movements) are an effective way to warm up tissue without negatively affecting performance and may lead to fewer injuries.
4. **Nutrition** is the foundation for good health and injury prevention. Specifically, a scientifically-backed approach that does not include any fad diets. Recovery meals are as crucial as pre-game meals.
5. **Hydration** is essential for recovery and injury prevention.
6. **Stay within your abilities.** It is vital to train and practice any physical activity by starting small and building up from there.
7. **Use the proper equipment.** Make sure you have the right equipment, for example, running shoes, hiking boots, helmets, and pads. The right equipment can help you avoid injury and stay safe while doing the activities you enjoy.



## 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!



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

# BICYCLE FITTING

The bike fit process includes adjustment of the bike to fit your body and finding ways for the body to best adapt to the activity of bicycling. Good bike fits pay attention to the three primary contact points of the bicycle: saddle, pedals, and handlebar. Good bike fit sessions also include attention to the body. Being best prepared for bicycling requires certain coordination, flexibility, and strength.

A complete bike fit session should include exercises to best adapt you to the demands of bicycling. This is best performed by a Physical Therapist who is knowledgeable in both the body and bicycling issues such as equipment and geometry. At Breckenridge Physical Therapy we have been trained by the professionals at BikePT in how to solve these body and bicycle issues. This holistic approach to bicycle fitting can give you a complete solution to your cycling pain issues.

We're bringing you our extensive musculo-skeletal knowledge, bike industry and equipment experience, and looking at the goals of bike riders from all walks of life. We're sharing our experience,

knowledge of physicality – strength, flexibility, and conditioning – to work out everyday on-the-bike issues that hold you back from reaching your goals.

Many people believe that they must suffer through pain, numbness, and tingling in order to ride a bicycle. You do not have to suffer to ride a bike! Anyone that is limiting their rides due to these issues should consider a bicycle fit.

Everyone has different goals on the bike. Some people need to commute to work, others want simply to ride 30 miles, some people want to ride a Gran Fondo, while others just want to ride with their friends. Some people aspire to race too. No matter what your goal is, proper bike fit can help you make it happen. For more information, contact us today.

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## Patient Success Stories

"I highly recommend Breckenridge Physical Therapy. My therapist, Alexander Kuck, is knowledgeable, considerate, thorough, and he gets results. **My lower back injury is no longer painful and Alex is coaching me in strengthening exercises to prevent recurrence.** Connie and Logan are helpful and efficient and they keep the office running smoothly." —**Kim A.**

# Sudoku

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

1sudoku.com

Level Hard

**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](http://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**