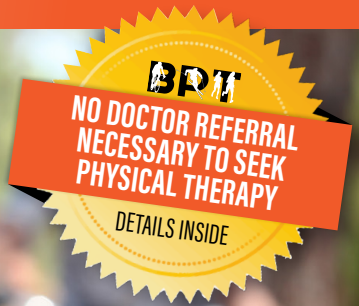




REQUEST AN APPOINTMENT



A Holistic Approach to Finding ARTHRITIS RELIEF

Have you been dealing with the aches and pains of arthritis? Are you tired of taking medication to get relief? We can give you solutions that work without nasty side effects! At Breckenridge Physical Therapy, our physical therapists take a holistic approach to resolving your arthritis pain.

Approximately 40 million people in the United States suffer from arthritis, and one-third say it limits their leisure activities and daily tasks. Around 25% of these individuals also say they are in chronic, debilitating pain daily.

While there are several medications on the market that limit pain, none can treat the physical issue that is occurring within your joints. Fortunately, physical therapy can give you solutions that reduce your pain and improve your function without side effects!

If you are looking to find relief for your arthritis, we can help! Start by treating it at the source; contact Breckenridge Physical Therapy today!

Why Is Physical Therapy Better Than Medication?

The most common treatments for arthritis are physician-prescribed medication, usually NSAIDs, corticosteroids, or antirheumatic drugs. Unfortunately, although it is easy to pop it in your mouth, medication will cause side effects, which can be more dangerous than arthritis itself.

With NSAIDs, you run the risk of blood clots, heart attack, or stroke. With corticosteroids, you run the risk of cataracts, high blood sugar levels, and bone loss. Luckily, there is a much safer and healthier alternative to treating

arthritis: physical therapy.

A physical therapist's primary goal when treating arthritis is reducing stress on the joints by increasing strength, preserving or improving range of motion, and teaching balance and coordination exercises.

Some benefits to working with a physical therapist include:

- **Stretching/Mobility Exercises.** Restoring motion ensures the joint receives proper blood flow to keep existing cartilage healthy and strong.
- **Exercise.** Light exercises focusing on getting the muscles around the joints stronger helps to reduce the forces through the joint and alleviate the pain simultaneously.
- **Proper posture.** Posture work will help to reduce stress on your joints.
- **Weight control.** Reducing/controlling your weight helps to prevent added stress on weight-bearing joints.
- **Proper Nutrition.** Avoid processed and sugary foods that cause inflammation in your body and negatively impact your arthritis symptoms.

(Continued inside)

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Continued from previous page.

- **Sleep.** Proper rest helps the body heal, improves your immune system, and helps reduce your inflammation and pain.

Physical therapy works by taking a holistic approach to reducing the pain and inflammation in your joints without medications. Treatments to improve strength, balance, and coordination have also been shown to help reduce pain and improve tolerance to daily activities.

The healthier your lifestyle choices, the less wear-and-tear to your joints, thus reducing inflammation and pain.

What To Expect With Physical Therapy

While many people believe that the aches and pains of arthritis are best treated with rest and avoiding any activity that hurts, this is not the case. In fact, rest and avoidance lead to more pain and disability. Exercise keeps the joints limber and the muscles strong, preventing arthritis from getting worse.

Your physical therapist will examine your symptoms, severity of pain, and location of arthritis, to determine the best-individualized treatment plan for your specific needs.

Every treatment regimen is different based on your body's needs and your particular type of arthritis. The best way to get started on a holistic, safe, and healthy treatment through physical therapy is by calling and scheduling a consultation with one of our physical therapists today.

We will develop a comprehensive program that includes targeted manual techniques, mobility work, and strengthening to reduce inflammation and provide greater support to the joints. We will then incorporate activity-

specific treatments with balance and coordination training to ensure your safe return to doing what you love!

Get Started Today!

If you are living with arthritis, or you think you may be experiencing arthritic symptoms, don't hesitate to contact Breckenridge Physical Therapy today.

Pain and inflammation relief is possible with the help of physical therapy. We'll get you feeling comfortable again in no time – without the need for pain management drugs!



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Exercise Essentials

This exercise helps to strengthen your shoulder.

SHOULDER EXTENSION (CANE)

Start by standing up straight with the arm to be exercised hanging by your side. Hold each end of the cane with one hand so that your arm to be exercised is holding the bottom end and your assisting arm is raised holding the top to make the cane positioned in a diagonal line. Lightly move your arm behind you pulling the cane and keeping your arm straight while your other arm assists by pushing lightly.



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

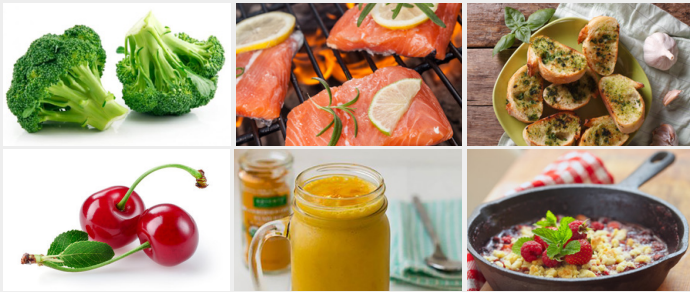
No Doctor Referral Necessary To Seek Physical Therapy

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 to schedule your appointment today!

6 FOOD CHOICES TO HELP EASE ARTHRITIS PAIN



1. Broccoli, Brussels sprouts and cabbage. These veggies are part of the cruciferous family, and they are full of a compound called sulforaphane, which helps slow cartilage damage in joints due to osteoarthritis. Try adding broccoli, Brussels sprouts, cabbage, kale or cauliflower to your salad or stir-fry.

2. Fatty fish. Fatty fish like salmon, tuna, trout and mackerel are rich in omega-3 fatty acids, which help fight inflammation. Try adding fish to your diet a couple of times a week. If you're not a big fan of fish, ask your doctor about taking an omega-3 supplement.

3. Garlic. Garlic is a member of the allium family – which also includes onions and leeks. These items contain a compound called diallyl disulfide that may help with a number of diseases – including arthritis.

4. Tart cherries. Some people with arthritis have found relief from products made from tart cherries. The ingredient in cherries that helps with joint symptoms is the same one that gives this fruit its red color—anthocyanin.

5. Turmeric. One of the best-researched inflammation fighters isn't a food at all, but a spice. Turmeric contains a compound called curcumin. The compound has been used for centuries in India to ward off inflammatory diseases. You'll find this yellow spice in Indian cuisines – particularly curries.

6. Vitamin C. Antioxidants in vitamin C may slow the progression of OA. You can get vitamin C from strawberries, kiwi, pineapple, or cantaloupe. However, we warn you against taking supplements with much higher doses than 65 to 85 milligrams, because in large doses vitamin C can increase the risk of kidney stones.

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Patient Success Stories



“Justin is an exceptional PT who is up to date on treatment techniques and takes time to listen to the patient and explain his recommendations for rehabilitation. The front desk person (currently Tori) is friendly and welcoming. I don't hesitate to recommend Breckenridge PT because I've always had a positive outcome with the practice.” —Barb

Sudoku

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

1sudoku.com

Level Hard

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WANT TO IMPROVE YOUR PERFORMANCE IN SPRING AND SUMMER SPORTS?

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