



REQUEST AN APPOINTMENT

WINTER WELLNESS

EMBRACE THE SEASON WITH PHYSICAL THERAPY'S ACTIVE SOLUTIONS

Do you find it challenging to get motivated when it's cold outside? Are you worried about spending your time slipping and sliding instead of getting a workout? At Breckenridge Physical Therapy, we can help you find ways to stay active no matter the weather conditions safely!

Just because it is winter, it doesn't mean you have to stay indoors. 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.

At Breckenridge Physical Therapy, we can design specialized treatment plans for anyone who may need a little extra push in staying active during the winter. Contact us today to learn more!

What Are The Benefits Of Exercising During 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 per week of moderate-intensity aerobic activity. Depending on the type of workout, exercising in colder weather can meet and exceed these recommendations.

Too often, it seems easier to stay in, nestled up in blankets, while it's snowy and cold, and there is evidence that we workout 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 in more severe risks like hypothermia or frostbite can result from improper clothing or underestimating the temperature.

(Continued inside)

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BPT
NO DOCTOR REFERRAL
NECESSARY TO SEEK
PHYSICAL THERAPY
DETAILS INSIDE

Continued from previous page.

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:

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

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

Staying safe is essential, and so is staying active. 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 From 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 activity 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.



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!

There are some steps you can take on your own to decrease your risk of sustaining a fall-related injury while participating in winter activities. Snow and ice are the main culprits for many injuries during the wintertime, which is why it is essential to add to your stability. 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.

Whether you're looking for ways to recover from an injury and get moving in the winter, Breckenridge Physical Therapy can help. Contact us today to find out how we can help make your winter season as enjoyable as possible!

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Give This Coupon To A Friend Or Loved One!

BRECKENRIDGE  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

Exercise Essentials

This exercise helps with hip flexibility.

SINGLE KNEE TO CHEST STRETCH

While lying on your back, hold your knee and gently pull it up towards your chest. Hold for 20 seconds and repeat on each leg.



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!

A Reminder To...

**USE IT
OR
LOSE IT**

970.364.6601

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Do you have a family insurance plan? Have you had surgery this year? Have you used your insurance more than usual? **If you answered YES, you are more likely to have a \$0 balance remaining on your out-of-pocket expenses.** This means the cost could be minimal or completely covered by your insurance plan.

Let us help you get a head start going into 2024, before your deductible renews again! Go online or call today to schedule your appointment!

Sudoku

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

1sudoku.com

Level Hard



Patient Success Stories

*"... on a scale of 5 stars,
Ellie rates 14.5"*

"I am 86 years old. I have multiple injuries. I have never had a surgical procedure primarily because on a scale of 5 stars, Ellie rates 14.5. I have been her patient for many years and I have never worked with any physical therapist who knows more and teaches better than Ellie. I wish she lived in Miami so I could work with her all of the rest of my life." —Francine L.

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SLOW COOKER PUMPKIN PIE OATMEAL



INGREDIENTS

- Cooking spray, butter or coconut oil
- 1 cup steel-cut oats
- 2½ cups water
- 1½ cups unsweetened almond milk
- 1 cup pumpkin puree
- 3 tbsp maple syrup
- 1 tsp vanilla
- 1 tsp pumpkin pie spice
- ½ tsp cinnamon
- ¼ tsp salt

DIRECTIONS Coat your slow cooker with cooking spray, butter or coconut oil. Add all the ingredients into slow cooker and mix well. Cook on low for 6-8 hours. If you have a programmable slow cooker, set it to cook on low for 7 hours and then switch to warm. In the morning, give the oats a good stir as the oats will settle to the bottom. Portion into a bowl to serve and top with pecans, maple syrup and almond milk.

Source: <https://www.eatingbirdfood.com/slow-cooker-pumpkin-pie-oatmeal>



**WANT TO STAY ACTIVE THIS WINTER?
WANT TO BE IN PEAK CONDITION FOR
WINTER SPORTS?**

COME BACK TO PT!

Contact Breckenridge Physical Therapy today
and start living pain-free again!

970.364.6601