



REQUEST AN APPOINTMENT

BACK PAIN SLOWING YOU DOWN? PHYSICAL THERAPY CAN HELP!



Here's a fact about back pain that may bring you some comfort: **It's one of the most common musculoskeletal complaints in the world. Around 80% of people will have back pain at least once. So, if you're suffering now, you probably aren't the only one!**

Of course, that thought does little to help if your back pain keeps you from performing day-to-day activities – as it often does. Back pain is often accompanied by mobility restrictions that make walking, kneeling, bending over, or picking up objects difficult. And if left untreated, it can sometimes lead to long-term pain and dysfunction.

At Breckenridge Physical Therapy, we know how debilitating back pain can be. Our team of dedicated physical therapists will help you understand the root cause of your back pain and work with you to develop a personalized treatment plan that will let you get back to the activities you love to do.

Contact our clinic today to set up your initial consultation!

What Causes Back Pain?

One of the reasons that back pain is so common is that it's associated with several different injuries, underlying conditions, or lifestyle factors. That said, most back pain is non-specific, meaning it's not caused by a specific disease but by mechanical issues, such as a traumatic injury or postural strain.

The first step in treating your back pain is understanding what's contributing to it. Our therapists will perform a comprehensive evaluation to help us learn as much as possible about your experience with back pain, including screening for any mobility limitations you're struggling with.

Here are some of the more common sources of back pain that we see at our clinic:

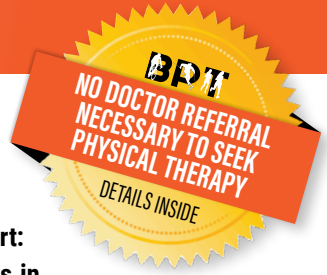
Strains and Sprains: A strain occurs when you injure the muscles or tendons in your back. A sprain occurs when you injure the ligaments that link your spinal vertebrae. Both can cause pain and limited mobility, and they often result from lifting with improper form (such as twisting while lifting) or attempting to lift something too heavy.

Herniated Discs: Soft, flexible discs separate and cushion your spinal vertebrae. If one of those discs herniates – that is, bulges or ruptures – and irritates a nearby nerve, it can lead to intense pain, feeling “stuck” in a stooped over position, and other symptoms.

Osteoarthritis: Osteoarthritis is the most common form of arthritis in the world, occurring when the cartilage and bone tissue in a joint degenerate and become inflamed. While we often associate it with the hips, knees, or hands, it can occur in the spine, too. Spinal osteoarthritis is sometimes called spondylosis.

(Continued on next page)

REQUEST AN APPOINTMENT



Continued from previous page.

Lifestyle Factors: Several factors can contribute to lower back pain, including improper posture, prolonged sitting, or weakness in the muscles that wrap and support your spine (your core muscles).

Why Physical Therapy at Breckenridge Physical Therapy Is Your Back Pain Solution

While back pain often resolves on its own within 1-3 months, physical therapy is an excellent choice for people with particularly intense pain or extremely restrictive mobility. It's also useful for people with chronic back pain – defined as pain that lingers past that three-month mark.

We customize all our back pain treatment plans according to your specific needs: the location and severity of your back pain, any mobility restrictions, your ability level, and overall goals. We'll work to address the underlying cause of your pain rather than simply masking the symptoms.

How will we do this? Through a blend of the following techniques:

- **Manual Therapy** helps manage pain, promote blood circulation, and gently improve mobility.
- **A Personalized Therapeutic Exercise Plan** improves the strength, flexibility, and endurance of your back and core muscles. Muscle weakness significantly contributes to lower back pain, so exercise is a must.
- **Specialized Training**, such as balance or gait training, improves areas of weakness that might contribute to your pain.
- **Prevention Strategies** help reduce future back pain incidents. These strategies might include postural corrections or suggestions for at-home exercises, such as a walking program or yoga practice.

Get Moving Again with Physical Therapy!

Back pain is more than just pain. It can severely restrict your mobility, leading to less exercise and movement, further contributing to pain and dysfunction. The Breckenridge Physical Therapy team is here to help you break that cycle and find relief from back pain for good.



REQUEST AN APPOINTMENT

970.364.6601

Contact us today to schedule an appointment!



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!

REQUEST AN APPOINTMENT

Share This Coupon With 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
- ✓ Bend and move freely
- ✓ Balance confidently & securely
- ✓ Sit for long periods comfortably
- ✓ Walk for long distances
- ✓ Live an active & healthy life

Call us at 970.364.6601 or visit breckenridgephysicaltherapy.com

Exercise Essentials

ANGEL ON BACK

Start by lying flat on your back with your arms straight down by your sides, your palms down, and your legs together. Slowly slide both arms straight up over your head and simultaneously slide both legs outward. Slide your arms back down and your legs back in. Repeat 3 sets, 10 reps each.

Try this to strengthen your upper back and shoulders.



PT WIRED
www.ptwired.com

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

EXERCISES TO DO INDOORS



Yoga. Yoga provides relaxing physical activity all year long and can easily be done in your bedroom, living room or just about anywhere in the house. You can even use yoga first thing in the morning to wake up slowly and get your body warmed up for the day.

Running Alternatives. If you love cardio, you probably don't want to give up that runner's high, but you might not want to venture out into frosty conditions either. Get your heart pumping indoors with cardio exercises you can do at home, such as:

- Climbing stairs
- Mountain climbers
- Jump rope
- Jumping jacks
- Burpees
- High knees

You can keep exercising all winter – without risking frostbite. It might take you a few tries to find an indoor workout you love, but don't give up; you might just find your new favorite activity.



REQUEST AN APPOINTMENT

970.364.6601



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

Patient Success Stories

"I have tried physical therapy in the past, and by far, Breckenridge Physical Therapy is my best experience."

"I recently started seeing Alex at BPT for physical therapy. After a few sessions, there is already improvement in my injury. I am impressed with how thorough and thoughtful Alex is with the prescribed treatment. I have tried physical therapy in the past, and by far, Breckenridge Physical Therapy is my best experience. It is great for anyone looking to receive treatment from experienced and knowledgeable professionals. Thanks!"

—Sophia S.

REQUEST AN APPOINTMENT

OMELET MUFFINS



Great make-ahead breakfast treat for those early morning workouts!

INGREDIENTS

- 10 large eggs
- 1 red bell pepper, seeded and finely chopped
- 1 cup frozen cut spinach, thawed and squeezed dry
- 2 green onions, finely chopped
- 1/4 tsp salt

DIRECTIONS Preheat oven to 325°F. Coat a 12-cup muffin tin liberally with the cooking spray. In a large bowl, beat the eggs together. To bowl, add the bell pepper, spinach, green onions, salt, and 1/4 cup water. Season with pepper. Divide egg mixture among muffin cups. Bake 20–25 min., until eggs are set. Let stand 5 min. before removing from muffin tin. Wrap omelets individually in plastic wrap and refrigerate up to 4-5 days. Remove from plastic wrap and microwave 30-60 seconds or until warm.

Source: <https://www.savoryonline.com/recipes/208593/spinach-and-pepper-omelet-muffins>