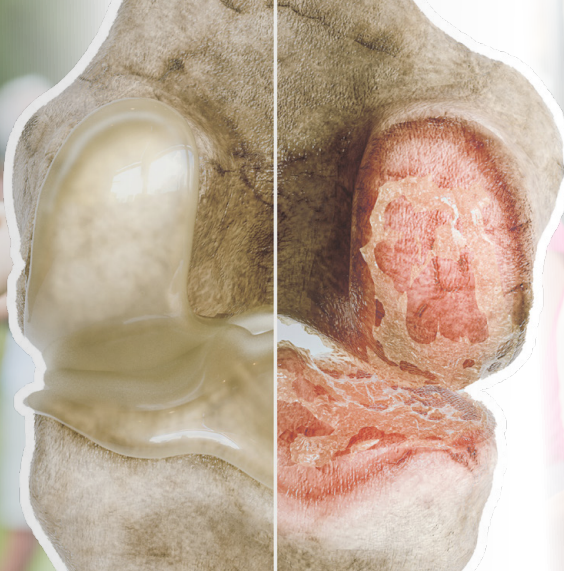


BPT
NO DOCTOR REFERRAL
NECESSARY TO SEEK
PHYSICAL THERAPY
 DETAILS INSIDE



WHY OSTEOARTHRITIS IS SUCH A PAIN AND HOW PHYSICAL THERAPY CAN HELP

Are you experiencing persistent joint pain, particularly in a weight-bearing joint like your hip or knee? Do you ever notice a clicking or grinding sensation in your painful joint? If so, you may have developed osteoarthritis, the most common form of arthritis in the United States.

Arthritis is an umbrella term for over 100 conditions that cause joint inflammation and lead to pain and restricted mobility. The source of that inflammation will vary depending on the type of arthritis. In osteoarthritis, it's caused by degeneration of the cartilage and bone tissue in the affected joint.

Osteoarthritis has no cure and can profoundly impact your overall quality of life, making it harder for you to stay active, keep up with chores, and enjoy time with your loved ones. Fortunately, physical therapy at Breckenridge Physical Therapy offers several tools and techniques to help you manage your symptoms – often enough that you can delay or even avoid surgical interventions.

If you're tired of living with osteoarthritis pain, call us to schedule an appointment today!

Understanding Osteoarthritis: Symptoms and Causes

The primary symptoms of osteoarthritis are pain and stiffness in the affected joint. These symptoms often manifest in the following ways:

- Pain during activity but not while at rest

- Pain when you press on the joint
- Joint stiffness first thing in the morning
- Joint stiffness after sitting or lying down for long periods
- Noises in the joint, including creaking, cracking, or crunching

While any joint can develop osteoarthritis, it most commonly occurs in weight-bearing joints like the knees and hips. However, it's also fairly common in the hands, spine, and feet.

The causes of osteoarthritis are complex, and several factors can contribute to it. One of these factors is age: approximately 73% of people with the condition are 55 years or older. That's not to say osteoarthritis is an inevitable part of the aging process – plenty of older people don't have it. But your chances of developing it do increase as you age.

Other possible factors contributing to osteoarthritis include past injuries to the joint, gender (women are more likely to develop it than men), body weight, and even genetic predispositions.

Continued on next page.

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Continued from previous page.

How Physical Therapy Helps Manage Osteoarthritis Symptoms

The good news is that you can control osteoarthritis symptoms with the help of physical therapy. Although movement can be painful with osteoarthritis, exercise is one of the best drug-free ways to manage the condition. Our physical therapists will help you find an exercise program that suits your needs.

Here's how we'll do it:

- **Comprehensive Evaluation:** We start by evaluating how osteoarthritis impacts you, including performing simple tests to assess your strength, mobility, and/or balance. We'll also ask you about the ways that osteoarthritis is negatively affecting your life. For example, which activities do you find challenging?
- **Provide Pain Relief:** We'll use manual therapy techniques to help manage your pain and get the joint moving in a gentle way. For example, we might guide the joint through its current range of motion or manipulate the surrounding soft tissue.
- **Build Strength and Restore Mobility:** We'll develop a customized, progressive exercise program to rebuild lost strength and mobility in the affected joint. Building strength, in particular, can help support and protect the joint so you can move more easily.
- **Develop An At-Home Exercise Program:** You'll supplement your sessions in our clinic with a personalized home workout program to ensure you keep moving! We'll find something that suits your abilities and interests, such as a walking program or water aerobics.
- **Provide Strategies for Activity Modifications:** Finally, we can help you identify and avoid any specific activities that might put too much strain on your joints.

Don't Let Osteoarthritis Pain Hold You Back!

We know that living with osteoarthritis can be difficult, but the physical therapists at Breckenridge Physical Therapy are here to help you manage your condition and live your life to the fullest. With customized treatment plans, targeted exercise programs, and acute pain management techniques, physical therapy can help you take control of osteoarthritis pain.

Ready to get started? Call us to schedule your initial consultation today!

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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!

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Share This Coupon With A Friend Or Loved One!

BRECKENRIDGE  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

POSTERIOR PELVIC TILT WITH HIP CIRCLES

Start by lying on your back with your feet flat on the floor and your knees bent with your arms by your sides. Tuck your pelvis by tilting your hips back so your lower back presses into the floor. Keeping your pelvis tucked and your lower back pressed into the floor, straighten one leg out with your toes pointing up. Slowly make clockwise circles with your foot by only moving your leg at your hip joint. Then, switch directions.



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!



THE BENEFITS OF ULTRASOUND THERAPY

Ultrasound therapy is the use of sound waves to treat a variety of muscle, bone, and ligament conditions. The sound waves cause vibrations that generate heat. This ultimately causes the temperature in the tissues to rise. It can penetrate deep into the tissues in ways that a hot pack can't.

Benefits of Ultrasound Therapy

- **Increase Blood Flow** – Just as cold decreases blood flow, heat will increase it. Ultrasound therapy will cause your blood vessels to increase in size and therefore increase the blood flow. Increased blood flow means more nutrients will be delivered to the area of your injury while waste is carried away.
- **Reduce Swelling and Inflammation** – Ultrasound therapy has been shown to reduce stiffness in muscles and joints while increasing range of motion. Once blood flow is increased and swelling and inflammation is reduced, this will allow your muscles and joints to respond more favorably to manual stretching exercises and different types of massage.
- **Promote Tissue Healing** – Ultrasound not only improves your muscles and joint range of motion but can aid in the healing of wounded tissues. The metabolism of the cells in the tissue are affected by ultrasound. The vibration produced by the ultrasound can help prevent scar tissue from forming.

Conditions Treated with Ultrasound

While increased blood flow, reduced swelling and inflammation, and tissue healing are general benefits of ultrasound, there are several specific conditions these processes can help heal, including...

- **Bursitis and Tendonitis** – Frozen shoulder is a form of bursitis that can be effectively treated with ultrasound therapy.
- **Muscle Strains and Tears** – The use of ultrasound therapy can reduce the number of times sprains, strains, and tears take to heal.
- **Muscle Spasms** – Heat applied at various places on or near the site can help relax the muscles and decrease spasms.
- **Rheumatoid Arthritis and Osteoarthritis** – These are chronic conditions that respond well to the deep heat provided by ultrasound.
- **Bone Fractures** – Healing of bone fractures can be promoted by the use of low-intensity ultrasound. Ultrasound has also been found to be a more cost-efficient and less invasive tool for diagnosing certain types of stress fractures.

The goal of the physical therapist is to ultimately help you improve strength, range of motion, and daily functionality. Ultrasound therapy is just one of the tools available.

Contact us to learn more about how ultrasound therapy can help you promote healing, reduce pain, and improve your ability to perform daily activities and tasks.

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Patient Success Stories

“Foot condition cured in much less time than anticipated. I'm doing all my usual vigorous activities pain-free. I think BPT knows what they're doing. Many thanks to Justin.”

–Robert M.

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AVOCADO-EGG TOAST



INGREDIENTS

- ¼ avocado
- ¼ teaspoon ground pepper
- 1/8 teaspoon garlic powder
- 1 slice whole-wheat bread, toasted
- 1 large egg, fried
- 1 teaspoon Sriracha (Optional)
- 1 tablespoon scallion, sliced (Optional)

DIRECTIONS Combine avocado, pepper and garlic powder in a small bowl and gently mash. Top toast with the avocado mixture and fried egg. Garnish with Sriracha and scallion, if desired.

Source: <https://www.eatingwell.com/recipe/267169/avocado-egg-toast/>



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

COME BACK TO PT!

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

970.364.6601