



BPT
NO DOCTOR REFERRAL
NECESSARY TO SEEK
PHYSICAL THERAPY
DETAILS INSIDE



THE ROLE PHYSICAL THERAPY PLAYS IN PREVENTING SURGERY FOR SPORTS-RELATED INJURIES

If you're an athlete or enjoy playing sports, injuries are, unfortunately, a common occurrence. Fortunately, our Breckenridge Physical Therapy physical therapists can help you recover after an injury and avoid the need for surgery in many cases.

Our team can help guide you through the preventive steps you can take to minimize your risk of sports injuries. If you sustain an injury, we'll identify all the factors related to your injury and address them one by one.

Through our specialized programs, we can help you recover and improve your physical capabilities. We'll take a holistic approach that fortifies your overall health and improves the skills necessary to maximize your athletic performance.

If you're an athlete looking to recover after an injury, prevent surgery, and get an edge on the field, court, or weight room, we can help. Our therapist-led programs are designed to help athletes withstand the physical demands of sports more effectively, minimizing the incidence of an injury and need for surgery.

Tailored Plans After an Injury

If you are trying to avoid surgery and wonder if physical therapy can prevent or delay surgery, the simple answer is yes!

Most orthopedic-type surgeries are not urgent or emergencies. Although traumatic situations can be emergencies, most times, there is a significant period of time between diagnosis and surgery.

Far too often, people mistake their symptoms for signs to rest or avoid the activities causing them pain. Even more frequent is the number of people who ignore aches and pains, thinking they will go away on their own, only to discover those early warning signs were the body's signals to get help. Unfortunately, rest, avoidance, and trying to ignore or push through pain only lead to a bigger, often more complex, problem.

At Breckenridge Physical Therapy, our physical therapists will weed through your symptoms and identify the root cause of your particular situation. We will give you the tools to prevent, delay, or prepare yourself for surgery.

We'll guide you through a gradual progression to make sure you are ready to return without any limitations or impairments standing in your way. This cautious approach ensures a safer and more effective recovery process.

Rather than a "one-size-fits-all approach," we believe every patient is unique and deserves a program tailored to their specific situation and goals. You are not merely treated but are guided towards a pathway of enhanced performance and overall well-being!

Continued on next page.

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ARE YOU LETTING PAIN HOLD YOU BACK? CALL TO SCHEDULE YOUR APPOINTMENT TODAY! **970.364.6601**

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What to Expect at Your Physical Therapy Sessions

Rehabilitation should start immediately following most injuries to ensure the fastest recovery possible. One of our physical therapists with sports rehab experience will thoroughly evaluate the athlete to determine the injury's severity and identify any other weaknesses or limitations that may affect the athlete's recovery, stability, or strength.

Next, your therapist will create a targeted, individualized plan of care for you to promote accelerated recovery and future injury prevention. Our goal is to minimize the risk of needing surgery, so you get back to training and competing in the sport you love.

For example, your physical therapist will start with pain management and restoring mobility to the injured area. Next, we will focus on progressing your strength and dynamic stability exercises to restore function and prevent injuries. We will also incorporate balance and coordination exercises to stimulate the nervous system and help ensure you can run, jump, and cut to change direction, land in the correct position, and avoid future injuries.

Physical therapy at Breckenridge Physical Therapy will provide the foundation for successful training while reducing future injuries and avoiding surgery!

Considering Physical Therapy? Get Started Today!

Navigating the road to recovery and returning to the sports activities you love can be tricky. Fortunately, our seasoned physical therapists are here to guide you every step of the way. With years of experience working with athletes, we've been instrumental in rehabilitating individuals post-injury, helping them avoid surgery and ensuring a smooth transition back to the sports they love.

Whether you're on the brink of surgery or hoping to prevent it, our therapists will create a program specifically tailored to your unique needs. Reach out to our clinic to learn more!



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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Peanut Butter Banana Ice Cream



Whip up frozen bananas into an "ice cream" without the cream!

INGREDIENTS

- 2 medium bananas, peeled, halved and frozen
- ¼ cup natural peanut butter
- Unsweetened shredded coconut for garnish

DIRECTIONS: Place bananas and peanut butter in a food processor. Pulse and process until mostly smooth, stopping to scrape down the sides as needed. Garnish with coconut, if desired. Serve immediately.

Source: <https://www.eatingwell.com/recipe/258090/2-ingredient-peanut-butter-banana-ice-cream/>

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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

HIP FLEXOR STRETCH — EDGE OF TABLE

Start seated with your butt on the edge of the table. Lie back so that your head is on a pillow and pull both knees to your chest. Slowly lower the leg you want to stretch and straighten it so it hangs off the table. Hold for 30 seconds.



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 ROLE OF SPORTS PHYSICAL THERAPY

Athletes often push their bodies to the limit to achieve their goals. This intense effort, or an unfortunate accident, can sometimes lead to injuries. Fortunately, with the right information and approach, many of these injuries can be avoided or effectively managed through physical therapy.

Here, we explore the most common sports injuries and how physical therapy can be a pivotal player in preventing surgeries.

Common Sports Injuries

First, let's discuss some of the most frequently encountered sports injuries. One of the main reasons for these injuries includes deceleration incidents, which put immense strain on muscles and ligaments, and sudden changes in direction, which can cause lower body sprains and strains.

In addition, inadequate or improper training methods, including insufficient warm-up and improper technique, elevate the risk of injuries. Overuse injuries (i.e., repetitive stress) frequently occur without proper rest, leading to complications such as tendonitis.

The top sports injuries are:

- **Ankle Sprains:** Ankle sprains are common in sports involving running and jumping when the ligaments surrounding the ankle are stretched or torn.
- **Knee Injuries:** Athletes are prone to knee injuries, which can involve damage to ligaments, cartilage, or other structures within the knee joint.
- **Shoulder Injuries:** These encompass a range of issues, including rotator cuff tears and dislocations, often seen in sports that involve overhead motions like swimming or baseball.
- **Fractures:** These involve breaks in the bones from a single, forceful incident or stress fractures (caused by repetitive stress).

Our physical therapists can guide you through preventive strategies to reduce your risk of sports injuries and promote a safer athletic environment.

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Seek the Right Guidance

Physical therapy plays a significant role in helping athletes avoid surgeries and return to their optimal performance levels. Here's how:

- **Personalized Plans:** Our therapists design individualized plans that focus on strengthening the muscles and improving mobility to help prevent future injuries.
- **Education and Training:** Our therapists educate athletes on the proper techniques, including tips on body mechanics, posture, movement patterns, and preventive measures to avoid injuries.
- **Functional Restoration:** Physical therapy focuses on restoring the function of injured areas, enabling athletes to return to their sport with a minimized risk of re-injury or need for surgery.

By working closely with our skilled physical therapists, athletes can return to their favorite sports and sidestep any potential surgeries!

Call Breckenridge Physical Therapy to schedule a consultation with one of our sports therapists!

Patient Success Stories

"Justin has a very clinical mind and does a great job of diagnosing your problem and implementing a plan for treatment."

—Michael R.

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**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

