

DISCOVER THE BENEFITS OF A STRONGER CORE WITH EXPERT PHYSICAL THERAPY TIPS!

Is back pain making standing tall more difficult? Have you noticed you don't feel as balanced as you once used to? What's the connection? These are both signs that may indicate core muscle weakness. At Breckenridge Physical Therapy, our physical therapists can help you figure out if your core is affecting your condition and, if so, how to get it strong again!

Your core muscles help you do a lot – from sitting to standing to getting up and down from chairs. A strong core allows smooth, coordinated actions, thus impacting almost every activity you do every day. If your core muscles are weak, they may affect your function and possibly your pain levels.

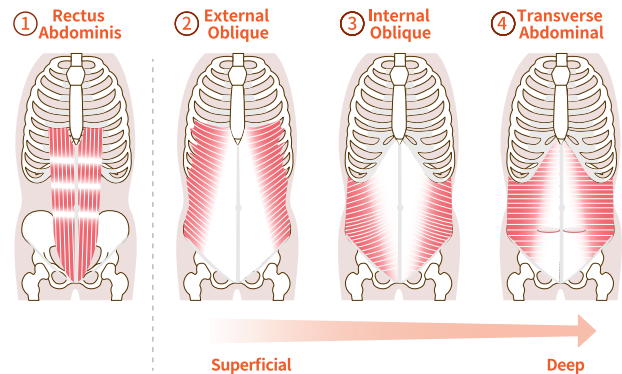
It's important to note that core muscles are not just important for physical fitness but are also essential to the overall quality of life. Our physical therapists understand the importance of core strength and will assess you to determine if it's affecting your daily activities. With our expert guidance, you'll learn how to engage your muscles in how they were designed to move!

Contact us today to set up an appointment or learn more about how our team can help you strengthen your core!

What Is the "Core"?

When most people think of core muscles, they immediately think of the abdominals. However, the core muscles comprise the lower back, hip, pelvis, pelvic floor, and even the diaphragm muscle.

Significant weakness in the core will often lead to compensations and straining of different body areas, most commonly the back and neck muscles. As a result, this leads to undesirable consequences, such as poor posture, fatigue, or pain.



The muscles that make up your core are designed to help stabilize your body, support your posture, ensure your balance, and support movements in all directions. If any of these muscles are weak, injured, or used inappropriately, your trunk becomes unstable, making it difficult for your body to function correctly.

The core assists in almost every movement, from bending down to picking up an object to standing up straight. It also plays a significant role in breathing, lifting a heavy object, twisting your body, or even just walking. Core strength is also essential in sports performances, allowing the body to balance and control movements while running, jumping, and sustaining contact. A strong core enhances power, speed, coordination, and agility with all sports and recreational pursuits. It also

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can help reduce the risk of injuries and may help to prevent chronic lower back pain.

A strong core is vital to your overall health, functional movement, and athletic performance. Proper core training helps maintain spine health, ensures optimal performance in your daily life, and can help prevent various injuries.

Building Core Strength with Expert Guidance

Physical therapy is a great starting point for building your core strength. Our licensed therapists will conduct a detailed evaluation to identify the underlying muscle weaknesses and strategies to strengthen them.

Whether you feel pain in your back, neck, shoulders, or legs, we will thoroughly analyze your posture, movement patterns, and strength, pinpointing the exact cause of the pain. From there, we will create an individualized treatment plan for you based on your specific needs to strengthen your core, improve your posture, and alleviate pain.

Core stability is about both muscular strength and proper sensory input. This sensory input informs the central nervous system about your body's movements and positions to facilitate specific actions, ensuring your body reacts appropriately. When functioning properly, our body can perform the most basic tasks and advanced athletic activities.

Our therapists will design a program to teach you how to use your core muscles properly. We will create a strength program focusing on core-specific exercises and progressing to multi-joint free-weight exercises for comprehensive core muscle training. You can anticipate continuous feedback and guidance for fine-tuning your movements to ensure optimal spinal stabilization through a strong core.

Book Your Appointment at Breckenridge Physical Therapy Today!

Our physical therapy team will assess your condition to identify how your core affects your function. We'll educate you on how your core affects your physical activity and contributes to the pain you may be experiencing. Our individualized exercise programs can reduce your pain and improve your overall quality of life!

Request your appointment today!

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Simple Roasted Asparagus



INGREDIENTS

- 12-16 ounces fresh asparagus (pencil-thin), woody ends trimmed
- 1-2 Tbsp olive oil
- 2 garlic cloves, finely minced
- Salt and pepper to taste
- 1 Tbsp lemon zest
- A squeeze of lemon juice
- Optional Garnishes: grated parmesan, toasted slivered almonds or pine nuts, basil, flat-leaf parsley, chili flakes

DIRECTIONS: Preheat oven to 400F. Toss the trimmed asparagus in a bowl with olive oil, garlic, lemon zest, salt & pepper. Lay spears out in a single layer on a parchment-lined sheet pan. Roast until just tender yet still vibrant green, about 15-25 minutes, depending on size and thickness, tossing halfway through. Once tender, toss with lemon juice. Taste and adjust salt. Garnish with any of the optional garnishes.

Source: <https://www.feastingathome.com/roasted-asparagus/#tasty-recipes-34982-jump-target>

Exercise Essentials

POWER KNEE DRIVES

Start by standing up straight. Place one hand on top of the other and raise your arms up over your head. Brace your abdominals and drive your left knee up and across your body, simultaneously bringing your arms down at your knee so they meet near your midsection. Quickly raise your arms back up and tap your toes to the floor before immediately going into your next repetition.



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

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BRECKENRIDGE **BPT** PHYSICAL THERAPY

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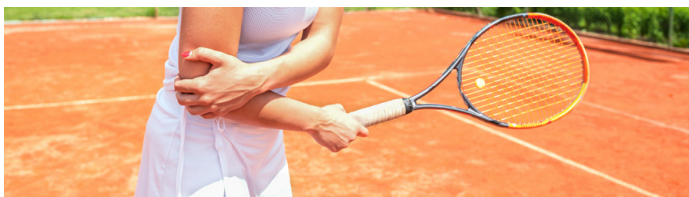
Do you know anyone that needs our help?

- ✓ 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

Call Breckenridge Physical Therapy at **970.364.6601**, or visit our website at breckenridgephysicaltherapy.com to schedule your appointment today!

BOOST YOUR GAME WITH INJURY PREVENTION TIPS!



At Breckenridge Physical Therapy, we are totally focused on helping athletes like you get back on track if you've had a recent injury. We check out what's causing any aches or trouble moving so we can figure out the best way to help you.

We'll also guide you through the steps to prevent injuries and ensure you are getting stronger and ready to return to the sport you love so much.

Here Are Our Top Tips To Help You Stay Injury-Free

- **Sleep:** Getting plenty of sleep is a big deal. Studies show that good sleep can help prevent injuries.
- **Strength Training:** This is a great way to build strong muscles that can help keep you safe while playing.
- **Nutrition:** Eating balanced meals is essential for staying healthy and avoiding injuries.
- **Hydration:** Drinking enough water is critical for helping you recover and keeping injuries away.
- **Avoiding Fatigue:** Making sure not to overdo it and giving yourself breaks is vital to stay away from injuries.

Our goal is to help you return to your training and competition, using targeted exercises that help prevent any injuries. We're here to help you face your sport's challenges with more strength and confidence!

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Patient Success Stories

"Alex is a great physical therapist. He takes his time identifying the true root of the problem and your pain. Then he utilizes his skill to create a plan of action to gain strength and mobility in those areas. Thank you, Alex!"

—Courtney K.

"Thank you, Alex!"



Dr. Alexander Kuck
PT, DPT, C-PS

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

COME BACK TO PT!

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

970.364.6601

