

Email Newsletter - Spring into Physical Therapy!

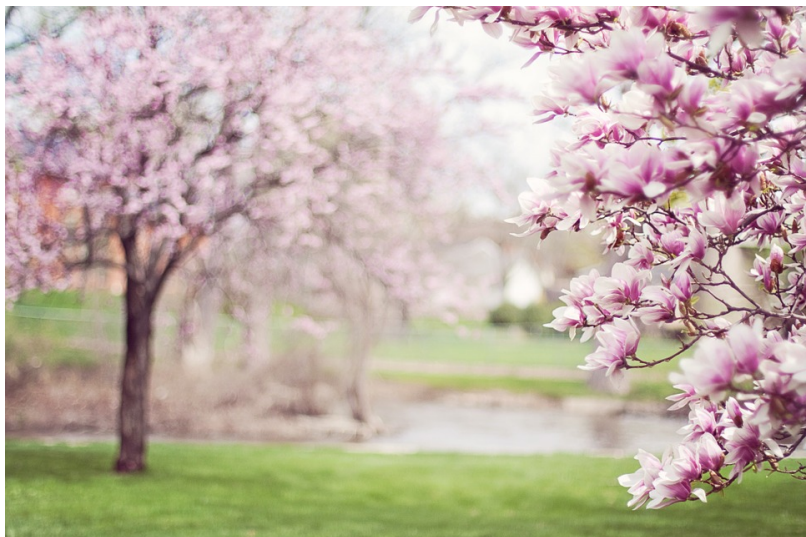
Physical Therapy Connections | Sports Performance & Rehab

Specializing in rapid relief from pain, injury and weakness.

01/15/2018

January 15, 2018

Let's get ready for spring!



This newsletter contains information on nutrition and how to prepare for all of your active spring activities! We are staying up to date on the best treatment programs for our members and are here to get to the root of your pain. Events in January/February will also be covered. Don't forget to visit and follow us on [Facebook](#), [Instagram](#), [Twitter](#), [Pinterest](#), and [YouTube](#)!

Spring Into Progression



Before spring actually arrives is the time to get your body tuned up and ready for the upcoming season.

Your physical therapist will ensure that your are progressing to your spring goals and getting back to the things you love. This will aid in reducing the risk of injury and relieve any pressure on the neurological system that can impair performance. A program of exercises will be developed that addresses your strengths

and any areas of weakness. You'll learn how to stretch and warm up properly before putting specific muscle groups into action.

Your physical therapist can also help with your nutritional needs and recommend dietary programs that help meet any deficits to provide you with specific nutrients for your selected activities. If you've had an injury in the past that has lingering effects, braces and other supportive aids are available to reduce the potential for another injury.

The therapies available through your physical therapist are effective for improving performance and building strength, balance and coordination to reduce the risk of falls. Your therapist can provide suggestions for protective gear and proper footwear that offers the traction and support needed for specific activities.

Lifting, bend, twisting and turning can easily strain the muscles and tendons. The quick stops and starts of basketball and the pounding the body takes while jogging can be mitigated with physical therapy. Your physical therapist can show you new ways to move to perform tasks that will be easier on your body and reduce the risk of an injury.

Spring is a time of invigorating possibilities and your body will be rejuvenated and ready for whatever the season brings after a visit to your physical therapist.

Preparing for Spring with Physical Therapy



With the coming of spring, the urge to get outside and “do something” to alleviate cabin fever will be strong. After a winter of relative inactivity or virtual hibernation, it's a good idea for the body to get a tune up to prepare it for the stresses of emerging gardening, biking and baseball season. Even

people who regularly participate in winter sports and recreational activities would do well to see a physical therapist before attempting strenuous landscaping or sports-related activities.

People don't use the same muscle sets for snowmobiling or skiing that they will utilize to fertilize the begonias, rollerblade or go hiking. Being mentally ready to do something isn't the same as being physically fit enough to accomplish it. Most people throw themselves into spring activities wholeheartedly without regard for stretching or warming up first. Failure to prepare the body sufficiently before jogging or even cleaning the garage is the best way to incur an injury. The same rules for adults apply equally to youngsters participating in organized sports.

The majority of individuals overestimate their fitness level. Simply going to the gym and working out over the winter won't prepare a person for spring. To avoid repetitive motion injuries or damage to the neck and spine, the body must first be aligned properly and have the strength to perform when it's called upon to do so.

Back and neck pain, and injuries resulting from repetitive motions required in golf, baseball and even swimming can result in sore, strained or sprained muscles and tendons. Injuries to hamstring muscles, the heel, knees, back and shoulders are also common and can require substantial time to heal.

- A physical therapist will help:
- Improving balance and coordination
 - Increasing endurance
 - Building strength

 [Save As PDF](#)

What we're up to



Chad Clark, owner and Physical Therapist at PT-Connections visited South High School this week to speak to athletes on the importance of injury prevention and how to detect future injuries. Here he showed ways that athletes can screen themselves to detect possible future injuries.

Many athletes think that warming up and going to practice will keep them safe from injury; this is simply not the case. If fault lines or imbalances are detected at an early stage through our screenings, we can help you prevent future injury.

Injury prevention ties into your overall health. Many people are able to function and get by in their daily activities but have a risk of fall, re-injury or have chronic pain...that's where we come in!

Schedule your evaluation today to see how you can start being the best you that you can be!

We are offering our Body Metrics Testing during the month of January for only \$29.50!

That's 50% off!

Our Body Metric Testing includes a body girth/circumference measurements and an ultrasound measurment that measures the amount of muscle and fat in different areas of the body. From this, we set up goals designed specifically for you to get you where you need to be.

As always, thank you for all of your continued support and awesome feedback! We appreciate each and every one of you.

Want to know why we love working at PT-Connections so much? [Click here](#) to see some of our patient testimonials.

THANK YOU!

Wellness and Injury Prevention

Learn the lifelong tools to have better balance! Make new friends and live long, and healthy.

Monday, Wednesday and Friday at 11:00am.

First visit is FREE for current patients!



Samantha Goeke
Physical Therapy Connections, P.C.
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- Aid in preventing falls and injuries
- Improving flexibility
- Improving performance

Those who visit the gym regularly may be able to lift an impressive amount of weight, but that ability won't help with a rotator cuff injury. Even muscles that are conditioned need to be slowly acclimated to the increased workloads of spring. Wind resistance, tough terrain and inclement weather can all combine to create a challenging situation that won't ever be experienced in an indoor gym or other facility.

If you or someone you know will be active in the upcoming months, call 719-565-6678 to schedule an evaluation today.

We have private pay packages available so that you can avoid the hoops that you have to jump through for insurances. We're filling up fast, so don't hesitate!

Upcoming Events!

Free Couples Massage Workshop

Jan 17, 2018 from 6:00 pm - 7:00 pm

With Michael Coffee, LMT at Physical Therapy Connections, P.C.

Michael will show you and a partner easy techniques to reduce stress and relieve pain

[RSVP here](#) or call 719-565-6678



Free Shoulder Pain Open Clinic

Feb 6, 2018 from 11:00 am - 11:45 am

With Michael Flores, DPT at Physical Therapy Connections, P.C.

Michael will demonstrate why you are having shoulder pain and give you simple tools to get rid of it fast

3 fifteen minute time slots are available, so RSVP today by calling 719-565-6678 or [click this link](#).



Workshop for Pain Relief

Feb 13, 2018 from 5:00 pm - 6:00 pm.

With Stephanie Nolting, DPT

Stephanie will show you ways to relieve your pain; whether it's low back, knee, shoulder, ankle or foot, Stephanie will give you simple ways to alleviate your pain and keep it away.

Spots are limited. The first 10 slots are only \$10 and after that it jumps to \$15. There are only a few slots left for \$10, so [RSVP here](#) or call 719-565-6678.



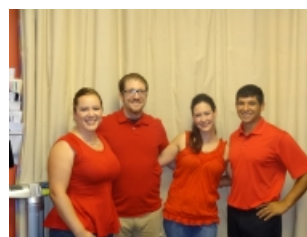
Stay Connected



We give daily updates on how to improve your overall health on our social media platforms. The above picture is just one example of how we continue to educate the public and keep you informed on the latest information. [Click here to see the full video](#), go to our blog section under our website at pt-connections.com, or go to our [youtube page](#).

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Physical Therapy Connections, P.C. 58 Glenroyal Pueblo CO 81005 Phone: 719-565-6678