

Email Newsletter - Be the Best Version of You!

Physical Therapy Connections / Sports Performance & Rehab

Specializing in rapid relief from pain, injury and weakness.

January 1, 2018

Happy New Year from the PTC Team!



This newsletter contains information on nutrition and how to start a new you! 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 will also be covered. Don't forget to visit and follow us on [Facebook](#), [Instagram](#), [Twitter](#), [Pinterest](#), and [YouTube](#)!

Be the Best Version of You



Physical Therapy Connections has a number of assessments that we can perform to determine your strengths, areas of weakness, and any functional problems that may be interfering with your ability to compete at peak performance. Exercise and strengthening

programs will be tailored to your individual needs, any specific sport in which you may be competing, your level of fitness and any pre-existing conditions.

Your physical therapist is also your best line of defense against overtraining. In the quest to become the “best,” you may be tempted to put in more training time than you should. That path can actually lead to a loss in overall performance and increases the risk of injury. Your physical therapist will guide you in stretching and warm-up exercises and the proper amount to train without injuring yourself.

Manual manipulation and adjustments to the neck and spine help your body move smoothly and relieves pressure on the neurological system that surrounds the spine. Cupping and deep tissue massages may be employed by a licensed massage therapist to reduce muscle tension and increase circulation.



Therapeutic massage stimulates the immune system, increases circulation and helps detoxify the body. It loosens and relaxes muscles making them less susceptible to an injury. Hydrotherapy utilizes the power of water as a type of resistance training. It's an effective treatment for building strength, balance and stamina.

It doesn't matter whether you're a world-class athlete or you want to play a little one-on-one basketball in the backyard. Physical therapy significantly reduces the risk of injury and enables you to be the best version of yourself you can be.

Physical Therapy - The Secret to Athletic Excellence



The vast majority of people believe the primary use of physical therapy is for back pain or rehabilitation of an injury such as fracture leg or whiplash. While physical therapy is beneficial in all those situations, it's equally advantageous for individuals who want to improve their athletic performance.

Athletes don't have to seek the services of a personal trainer or strength coach if they want to run faster or jump higher. Physical therapists are experts in how

the musculoskeletal system works and how to maximize the potential of any individual whether they're a high school athlete, participating at the collegiate level, or competing in professional events.

Physical therapy is so effective that world-class Olympians

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What we're up to



Chad Clark, owner and Physical Therapist at PT- Connections was featured in the [Pueblo Chieftain](#) with Joe Alvarez on the topic of health and fitness.

Here they gave tips on proper nutrition, preventing aging effects and exercise. [Click here to view the full article.](#)

Fighting disease and injury prevention all 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.



Thank you to all of our awesome members who brought us goodies over the past couple of weeks! We appreciate each and every one of you. You all make our jobs enjoyable and strive us to do better!

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.

regularly receive care from a physical therapist to keep their bodies in top condition and improve agility, stamina, and endurance. Different sports and activities all require specific muscle sets. The same muscles used for performing a high jump aren't the same that an individual utilizes for rowing and each need a different approach.

The time to begin a physical therapy training program is before an individual will call upon their body to perform. For those who regularly compete, physical therapy is a valuable tool for maintaining performance and fitness levels during the off season.

Upcoming Events

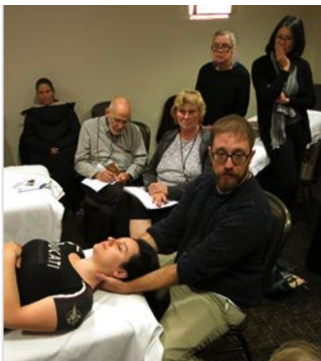


Shoulder Pain Open Clinic

Tuesday January 2, 2018 from 11:00 am - 11:45 am

Only one slot is left for a free 15 minute one on one consultation with Michael Flores, DPT

Call today to secure your spot - 719-565-6678



Couples Massage Workshop

Wednesday January 17, 2018 from 6:00 pm - 7:00 pm

Learn techniques on how to give a stress free relaxing massage with Michael Coffee, LMT.

[RSVP with you partner here](#)



Pain Relief Workshop

Tuesday February 13, 2018 from 5:00 - 6:00 pm

If you are having ANY pain, this is the workshop for you! Learn ways to get rid of your pain and discover your next step in not only living pain free, but excelling to be your best! Stephanie Nolting, DPT will teach you ways to get rid of your pain fast.

The first 10 people to sign up will only pay \$10; after that, it is \$20 to reserve your spot.

[Secure your spot here](#) or call and make a payment on the phone with Sam at 719-565-6678.

Basic Nutrition tips

Water intake:

16 oz. first thing in the morning

8 oz. every hour after

You should be drinking half of your body weight in ounces of water. So if you weighed 200 lbs, you should be drinking 100 oz of water a day. This can also help prevent bladder issues in the future.

Protein:

Hand size portion (0.7 g - 1.2 g) per lb of body weight

Low fat

Carbohydrates:

Decrease your sugar intake

Increase your consumption of vegetables



Monday, Wednesday and Friday at 11:00am.

First visit is FREE for current patients!



Samantha Goeke
Physical Therapy Connections, P.C.

[Email-us](#)

719-565-6678

[Our Website](#)

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1/3 of your food should be raw

Fats:

Avoid saturated/trans fat

Mono = olive oil is the best choice

fish oil = good source of omega 3

Tips:

Don't drink your calories. Drink water and unsweetened tea

Consume 30 g of protein with breakfast in the first 30 minutes of waking

Eat 20 g of protein for each meal after that

Drink 500 ml of ice water on an empty stomach

Apply a cold pack on back of neck or upper trap muscles for about 15 minutes in the evening

Do 60 - 120 seconds of push/pull and squat exercises before and after meals

The bottom line:

Eat real, non processed foods

Eat 3-6 meals per day

Get 7-9 hours of quality sleep per night

Eat 30 g of protein in the first 30 minutes of waking and 20 g each meal after

Every meal should contain protein, vegetables and essential fats

If you want more guidelines on nutrition, schedule a Body Metrics session with us today!

It's 50% off during the month of January!

Call 719-565-6678 today to schedule your session.

Ugly Christmas Sweater Day



On 12/20/2017, the PTC team was feeling extra festive and decided to wear their favorite holiday gear: UGLY CHRISTMAS SWEATERS!

Samantha Brown had a light up Santa sweater, Samantha Goeke sported an elf sweater with jingle bells, Stephanie Nolting had holiday lights and garland around a decorated green sweater, Michael Flores wore a beautiful holiday heart sweater and Chad Clark had an awesome Christmas Story sweater. 😊

I hope you enjoyed your holiday season as much as we did.
Cheers to a new year and start to a great new you!

To see more pictures, follow us on our [Facebook page](#), [Twitter](#) account or [Instagram](#) (Share this with as many people as you want).