

Email Newsletter - The Care You Need!

Physical Therapy Connections | Sports Performance & Rehab

Specializing in rapid relief from pain, injury and weakness.

02/19/2018

Why our members love us:

“Michael Coffee was fantastic. He found the areas of need and worked on them. Definitely not a cookie cutter massage.” – Barb

“My recovery was a lot faster than anticipated with the help of Stephanie Nolting and Max Madrid. I was able to achieve my goals of every day tasks and getting back to work. Staff is friendly and knowledgeable. Samantha Brown was very helpful getting my insurance to help cover the expenses of treatment. Overall, great experience.” – C.M.



“Stephanie was able to reduce the pain in a relatively short time. 5 sessions and I felt much much better. I was comfortable with her and had the immediate impression that she knew what she was doing and what I needed to improve my situation. Thank you PTC & Stephanie.” – Ed

“My stress incontinence improved and made my life better. Stephanie was great and encouraged me along the way.” -Anonymous

“Excellent job. The therapy sped up my recovery remarkably! The exercises learned should help reduce the chance of re-injury.” – Mark



“Michael was an excellent therapist. I always had fun visiting with him. I feel much improved.” – Irene

“Great experience!! I came in after my right hip in April: great experience. I came in December after my left hip replacement: great great. Every exercise helped build strength. First time in 3 years I do not have pain. Thank you!” – John

“My sessions with Stephanie greatly improved my range of motion. Initially, I had pain when putting any stress on my shoulder, but by the end of my sessions I was pain free!” – Cynthia




“My first visit to Physical Therapy Connections, I limped in on a walker. After only 10 session with my coach/therapist, Max Madrid, I was walking normally. Max is a great motivation and very professional.” – Jon

“It pointed out poor leg alignment immediately and gave me a goal to work on to try to prevent re-injury. Michael and Adrian really know their stuff, and I am so appreciative of all they did for me!” – Deb

“Michael Coffee readily addressed my sore and tight areas with precise touch and verbal cues that guided my massage to very therapeutic session.” – Nicole

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 February, March and April will be covered below. Don't forget to visit and follow us on [Facebook](#), [Instagram](#), [Twitter](#), [Pinterest](#), and [YouTube](#)!

The Care You Need



Physical therapy is important in the full recovery of joint motion and strength after an injury.


Expect the therapist to start with gentle mobilizations of the joint to improve circulation and encourage motion. As the pain subsides, the therapist will encourage (and supervise) gentle exercises to regain full function.

Your physical therapist will provide the care you need, when you need it. If you are hurt and in pain, there is a good chance that physical therapy can help you. Reach out to us today, and discovery why individuals across the community are experiencing the benefits of what physical therapy can do for you.

How Physical Therapy can Help


- Physical therapy can help in the recovery of fractures in several ways:
1. RICE

The use of Rest, Ice packs application, Compression and Elevation (RICE) is universally applicable after injuries to reduce the extent of injury and facilitate healing.




2. Therapeutic exercises


Muscles tend to lose tone, strength, and mass due to a period of inactivity. Stretching and range of motion exercises can minimize the phenomenon of 'muscle atrophy'.



3. Massage therapy and Mobilizations

Manual therapy from a skilled physical therapist on the joint or on the surgical scar site is very helpful. This helps reduce pain, decrease swelling and improve blood flow to the area to improve healing.

4. Balance therapy
-  Save As PDF

What we're up to
- 

Chad Clark has been giving presentations in Pueblo to businesses and athletes on the importance of injury prevention and how to detect future injuries. Here he is featured demonstrating the importance of proper body mechanics to local crossfit athletes.
- 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 get back to doing the things that you love!
- 
- Thank you to those who came out to PT-Connections for our workshop on pain relief. Stephanie took our guests through a complete test on how to detect pain and imbalances, and how this affects the rest of your body. Visit [www.pt-connections.com](http://www.pt-connections.com) to see more upcoming events and information under our "blogs" section.
- 
- Sam squared (Samantha Brown and Samantha Goeke) have started their journey to becoming certified yoga instructors. Keep an eye out for yoga workshops and free events in the upcoming months!
- 
- Remember that we offer our massges in packages and we also have membership deals for them as well! **Buy a membership today and get locked in for 1 year at \$59 per massage.**

**We are offering our Rock Tape sessions**



If a fracture has occurred in an elderly patient due to loss of balance, then treatment is aimed at improving core strength and balance. At times, aids like a walking stick or cane may also be provided.

Given the importance of joints in daily activities, the objective of physical therapy is to help regain full motion of the affected joint. However, physical therapy can also help reduce swelling, controlling pain, improving strength, improving balance and regaining independence, especially in older patients. Physical therapy helps the healing process. Recovery from fractures can be hampered by unnecessary and extreme motion after removal of the cast. This can be minimized or avoided under the supervision of a licensed physical therapist.

## Upcoming Events



### Free Open Clinic for Shoulder Pain

Tuesday, March 6, 2018

11:00 - 11:45 am (Three 15 minute slots)

With [Michael Flores, DPT](#) at PT-Connections

There are limited spots available, so schedule today to learn how to get rid of your shoulder pain!

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



### Free Nutrition Workshop

Monday, February 26, 2018

5:30 pm - 6:00 pm

With Rosalie Glen, Nutritional Health Coach at Physical Therapy Connections

Join us for prizes, giveaways and a very exciting topic: Nutrition!

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



### Free Knee Pain Workshop

Tuesday, March 13, 2018

From 5:00 pm – 6:00 pm

At Physical Therapy Connections, P.C. with Chad Clark

[RSVP HERE](#)

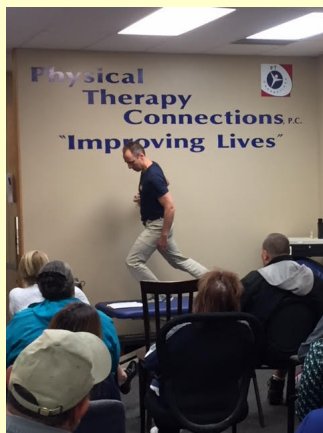


### How to Massage Part 1

Wednesday, March 21 2018

6:00 - 7:00 pm

At Physical Therapy Connections, P.C. with Michael Coffee



### Solving Pain, Injury, and Weakness

Tuesday, March 27, 2018

5:30 p.m. – 6:30 p. m.

Rawlings Library, Bret Kelly A Room-1st floor

[RSVP HERE](#)



### Free Workshop For Those With Pain While Golfing

Thursday, April 19, 2018

From 4:00 – 5:00 pm

At [Elmwood Golf Course Restaurant](#) with [Max Madrid, LPTA](#)

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

Let us know how we're doing!

Help us get the word out!

during the month of  
February for only  
\$29.50!

That's 50% off!



Our Rock Taping Sessions include education on how Rock Tape can help you perform better, taping of an injured area and our discount for the session. To learn more about what Rock Tape is and how it can help you, [click this link!](#)

**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.

[Email-us](#)

719-565-6678

[Our Website](#)

[Refer a Friend - Click here](#)

## Social Media

[Facebook](#)  
[Instagram](#)  
[Youtube](#)  
[Website](#)





Leave a review on Google for Physical Therapy Connections, P.C. and get entered in to win a free 1/2 hour massage. Let us know how we're doing and what you enjoyed most about your time with us.



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

[Forward This Newsletter - Refer a Friend](#)

This email was sent by **sam@pt-connections.com**  
[To Unsubscribe From Our Newsletter, Please Click Here](#)  
**Physical Therapy Connections, P.C.** 58 Glenroyal Pueblo CO 81005 Phone: 719-565-6678