

Email Newsletter - Caring for your spine!

Physical Therapy Connections | Sports Performance & Rehab

Specializing in rapid relief from pain, injury and weakness.

03/5/2018

We love your feedback!

"I've had nothing but awesome experiences at PTC, from the amazing physical therapy sessions with Stephanie, the woooonderful array of massage offered by Michael Coffee down to the welcoming first impression given by their receptionist Samantha. Physical Therapy Connections truly offers 5 star service and care!" S.A.

"I have seen Stephanie for two separate issues over the past 4 years and met my goals within the predicted visits needed. My treatments fit well into my daily life and made a great impact on my pain as well as increasing my strength and flexibility." - Heather

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

"My visit was great and it really helped me with my lower back. The staff was helpful." - Travis

“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

[Click Here to leave a comment on your positive experience!](#)



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

A Stronger Spine

Prevention Tips

Poor posture, especially in a sitting position, can cause bone and joint issues over time. If your job is sedentary it is important to:

- Move your position or get up every 20 minutes.
- Adjust the height of your desk chair and computer to minimize strain on your neck and lower back. (Come to our office for an evaluation and we will identify the most appropriate height for you).
- Invest in footwear to reduce stress on the lower back.
- We recommend getting a desk that can adjust from sitting to standing. Also if you have a smart watch or timer, set it to go off every 20 minutes so that you are reminded to move.

Call our office [without delay](#) if you are at risk of developing DDD. If you, or someone you know, has been diagnosed with DDD, a physical therapy program, combined with traditional medicine, is critical for recovery.

Physical therapy interventions include:

- Strengthening
- Postural retraining
- Ergonomic intervention
- manual therap or trigger point work if necessary



Physical therapy will improve blood circulation to the affected region and reduce pain by facilitating the release of endorphin (pain relief chemicals naturally produced by the body). The long-term goal is to reestablish range of motion over time and assist in recovery. Call us today to learn more about what we can do for you 719-565-6678.

Everything You Need to Know about Degenerative Disc Disease

Degenerative disc disease, despite the name, is not a disease but a deterioration of the discs of the spine. It occurs over a period of time, resulting in neck or back pain and other musculoskeletal and neurological symptoms. It is common in adults in their thirties.

Types of degenerative disc disease

1. Cervical: affects the neck and is referred to as cervical degenerative disc disease
2. Lumbar: affects the lower back and is called lumbar degenerative disc disease

The cervical and lumbar regions of the spine are susceptible to damage due to increased movement capabilities. Constant motion over time results in the wear and tear of the discs.

Signs and Symptoms of DDD

Most patients report one or more of the following symptoms.

- Pain is triggered by an activity



 [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 at Republic Shooting Range. Zach Swearinger and his RSO (Range Safety Officer) showing the guys at [Physical Therapy Connections, PC](#) how breathing, heart rate, and mobility play a part in the tactical athlete when performing precision shooting at the facade wall. Big Thanks to Republic Shooting Range for taking a few hours to meet with part of our team.



Thank you Sandy Reinsch and the Allstate team for letting us come out to your office to complete anoffice wellness workout. We were in good hands 😊

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!



Sam squared (Samantha Brown and Samantha Goeke) are 3 months into their journey to becoming certified yoga instructors. Keep an eye out for yoga workshops and free events in the upcoming months!

We are offering our Tactical Assessments for only \$59 during the month of March!

Challenge your Physical Capacity!

What you'll get:

1. Tactical Assessment and Report by Adrian Gomez
2. Online Coaching Plan
3. Unlimited email and txt follow-ups

To learn more about our tactical assesment [Click here](#) or you can go to our website and view the tab under "Services"

As always, thank you for all of your continued support and awesome feedback!

- Pain flares up periodically and then settles to a low-grade pain/discomfort
- Sitting or standing for long periods of time worsen the pain
- Activities such as walking may alleviate the pain
- Relief upon changing body position
- Muscle spasms
- Tingling sensations in the extremities

Any activity that triggers pain in the neck or lower back should be ceased immediately. If there is no relief with rest, consult with a physical therapist. Early intervention could save you from further damage to the disc, muscles and ligaments.

Upcoming Events



Free Shoulder Pain Open Clinic

Every First Tuesday of the Month

**One-on-One 15 minute sessions
from 11:00 am - 11:45 am**

**At Physical Therapy Connections, P.C.
with [Michael Flores, DPT](#)**

[RSVP HERE](#)



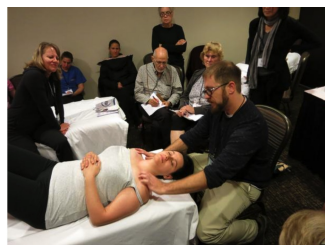
Free Knee Pain Workshop

Tuesday, March 13, 2018

From 5:00 pm - 6:00 pm

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

[RSVP HERE](#)



Free Massage Workshop for Couples

Wednesday, March 21, 2018

6:00 pm - 7:00 pm

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

[RSVP HERE](#)



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](#)

Let us know how we're doing!

Help us get the word out!



[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. [Click HERE](#) to leave your review.



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](#)

**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](#)

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