

Give us some feedback!

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.



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

Don't Run Away From Your Problems

10 Ways to Improve Your Speed



1. Sprint train at least 2 times per week. You have to use it so you don't lose it.
2. When you sprint train, run 4-10 sprints at 10-50 yards each sprint. The variety of distances helps with transfer of speed to different distances.
3. Time your sprints about every 6 weeks to track progress. Record each one to make changes as necessary.
4. Sprint all year round. In bad weather, run the 20-yard (18-meter) dash for time indoors.
5. Use video analysis. It can be extremely valuable! If you don't have video analysis, simply have a qualified person observe you sprint and help you with corrections.
6. Perform proper flexibility training up to six times per week. To improve speed, you must move and stretch correctly.
7. Perform plyometrics twice per week, minimum. Make sure your form is perfect when doing the plyometrics.
8. Parallel squat. If you squat but don't go parallel, you will not improve speed maximally. You must squat to parallel to make gains in your speed.
9. Perform the deadlift to strengthen and stretch the glutes and hamstrings at the same time.
10. Practice power cleans to develop an explosive start to your sprints.

Try these tips out and see how fast you get!

Update On The Munchkin :)

As many of you know, Stephanie Nolting brought her beautiful daughter, Sierra, into this world back in September 😊 Here is a little update...



She recently turned four months old, and both mom and baby are happy and healthy!

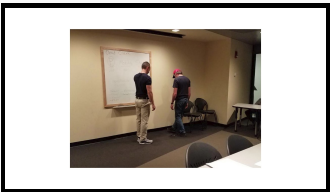
Upcoming events

[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 a local UPS team.



Here he is giving a free presentation at the Rawlings Library to the general public. Go to our website to learn about his next upcoming workshops. [www.pt-connections.com](http://www.pt-connections.com)



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!



Chad is speaking with volleyball athletes in this image. 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 Rock Tape sessions during the month of February for only \$29.50!

That's 50% off!





**Free Open Clinic for Shoulder Pain**

Tuesday, February 6, 2018  
11:00 - 11:45 am (Three 15 minute slots)  
With [Michael Flores, DPT](#) at PT-Connections  
There is only 1 slot left, so schedule today to learn how to get rid of your shoulder pain!  
[RSVP Here](#) or call 719-565-6678



**Workshop for those with Joint Pain**

Tuesday, February 13, 2018  
5:00 pm - 6:00 pm  
With [Stephanie Nolting, DPT](#) at Physical Therapy Connections  
If you or a friend are having joint pain, stiffness or weakness, then this is the workshop for you. Learn tools to help you alleviate your pain and keep it away.  
The first 10 people reserve their seat for only \$10 and then it goes to \$20!

Call 719-565-6678 or [click this link to RSVP](#)



**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

**For more upcoming events, be sure to visit our website and click on the upcoming events section. [Here is that link.](#)**

**You can also follow us on Facebook, Twitter, YouTube, Instagram and SnapChat**

**A Special Thanks!**



**Thank you to those who came out to Michael Coffee's Massage Workshopo for Couples. We received some great feedback! Here's what some of you had to say:**

- "Hands-on with actual tables! Mike was outgoing and welcoming. Try it out, it's very friendly and a great bonding experience!"
- "Easy Techniques"
- "The instructor did an amazing job! I loved his sense of humor."
- "I liked the hands on approach. It was great to see the master at work and then get the opportunity to practice the techniques."
- "The therapy is professionally practiced with instant body benefits!"

**If you came to the first workshop and want to attend Part 2 on February 7, 2018 from 6:00 - 7:00 pm, [RSVP Here](#). If you can't attend, then send the link to a couple who would benefit from this workshop! We want to help as many people as we can.**



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!](#)

**Also, don't forget to buy your loved one a massage package for Valentine's Day!**



**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 paitients!



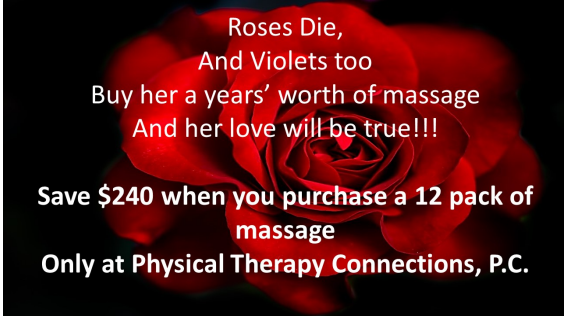
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