

Email Newsletter - Do Your Research

Physical Therapy Connections / Sports Performance & Rehab

Specializing in rapid relief from pain, injury and weakness.

Thank You For Playing!

Easter "Egg" Hunt Winner

From March 31, 2018 - April 6, 2018 PT-Connections hosted an online Easter "egg" hunt. Thank you to all who played. There were lots of good answers, but one of our contestants, Donna, won the basket because she submitted all of the correct answers in the fastest time. Congratulations and thank you again for playing!



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

Do your research!



One question that comes up every once in a while at our clinic is, "Do I have to go to that doctor?", and the simple answer is no. You have the choice as a patient to choose your doctor, choose your massage therapist and choose your physical therapist.

Of course, one thing that can dictate a choice of treatment is insurance. Sacrificing your health so that you are "in network" with your health care provider is a common mistake. The human element is often taken away at the larger scale healthcare systems, and individual diagnoses and treatment are lost. Not to say that there aren't great doctors in the "system", but often their schedule is overloaded and they aren't able to give you the individual attention that you want and need. Consider all of the things that we purchase everyday: phones, cars, clothes etc. Why is it that our health is not as important as all of these things? The truth is that people don't want to pay for something that they consider not valuable. We have some questions to that logic...Is your health valuable to you?, Do you want to wait until your pain gets so unbearable that you permanently damaged yourself and owe thousands to a hospital? How much is your health worth to you? (Yes, I asked this question twice). We want to help make your health and life a priority over phones and clothes, but it's up to you to take your health into your own hands.

Many clinics and practices offer private pay options so that you don't have to jump through the hoops that insurance companies place on you. More and more patients are realizing that private pay is an easier solution when it comes to getting the treatment they want. Research your doctors, call around to see who offers private pay, call to see who your doctor refers to and research them, and read online feedback (with caution). Make sure that you know exactly who you are dealing with before you entrust your health to them. Just remember, even if a doctor refers you to go to a certain PT, you have the choice to go wherever you want!

Find out about our private pay options by calling 719-565-6678 and receive a free 15 minute phone consultation.

Y-Balance Test



There has been growing evidence that many athletes are returning to play after ACL reconstruction before they have restored full mobility, strength, and neuromuscular control. A recent study in the IJSPT showed that Y Balance scores at the 12 week mark following ACL surgery correlate to functional outcome scores performed at the time of return to play at 6 months. The authors note that deficits on the anterior reach at 12 weeks related

to deficits on hop tests at the 6 month mark.

This tells us two things. One, the anterior reach component of the Y Balance test is a useful test for us to gauge the readiness and progress of athletes during rehab. But the second thing is that if a patient exhibits deficits at the 3 month mark, it appears they may be likely to continue to have deficits at the 6 month mark. We can do better. The first 3 months of ACL are super important for long term outcomes.

Schedule your Y-Balance Test today to prevent future injuries: 719-565-

[Save As PDF](#)

What we're up to



The Pueblo man that demolishes world records for chin ups and push ups was at PTC working with Chad and Adrian.

This is what he had to say after going through some assessments and treatment - "2 hours after I left my Achilles felt sore for the rest of the night but when I woke up today no pain or soreness. Amazing! I'm embarrassed to say that my thighs are sore today haha gotta start doing lower body after these next 2 records are done. Thanks so much and it's special what you all are doing, nothing but good vibes from everyone there" - Frank Sagona

We wish you the best of luck with your next 2 records Frank. We know that luck is what happens when you work hard. Glad we could help a little bit on your journey.



Adrian Gomez just returned from the TSAC Annual Training Conference. He learned a lot and shared his new knowledge with the PTC team and is integrating it at our clinic. with He also made lots of new friends! We want to stay up to date on bringing our members the best care with the most current information. Ask Adrian what he learned during your next visit!

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 free 15 minute phone consultation today to see how you can get back to doing the things that you love!



Sam squared (Samantha Brown and Samantha Goeke) are 4 months into their journey to becoming certified yoga instructors. Keep an eye out for yoga workshops and free events in the upcoming



Upcoming Events (Updated)



Free Workshop on Shoulder Pain

Every First Thursday of the Month (starting May 3,2018)

From 5:00 pm - 6:00 pm

limit 5 people per workshop, so be sure to RSVP as soon as you can!

At Physical Therapy

Connections, P.C. with [Michael Flores, DPT](#)

[RSVP HERE](#)



Free Workshop For Golfers

Thursday, April 19, 2018

From 4:00 - 5:00 pm

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

Learn how to improve your golf swing and get rid of weakness and instability!

[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.

Here's what some of you already had to say:

“My pelvic floor is stronger and my cramping has gone away. Thank you Stephanie.” – Anonymous

“I had a knee replacement and thought that I would never be able to walk normally. PT helped me with my rehab. I feel much better about my replacement and I am able to walk, do steps and even started yoga only 3 ½ months after surgery. Thank you for your help!” – John

“Being a client has been a great experience! Steph is so knowledgeable, professional, maintains a delightful attitude and is compassionate. Working with her has been a great experience. If I ever find myself needing therapy again, this would be the first place I’ll call! Thank you to everyone here!” – Becky

“I learned how to do stretches that helped ease the pain in my lower back/hip that have made it easier to carry on with my daily activities. Steph did a fantastic job guiding me through a variety of useful stretches. Thank you!” – Tom

“My knee pain is better. I have been given several exercises that have increased awareness of body position and flexibility. I will continue to use these exercises and return for a tune-up if needed. All the staff are very professional and helpful!” – Carla

“I am amazed at the therapists that work at PT Connections! The depth of their knowledge is matched only by their enthusiasm for the job. Regardless of the issue faced that day – they had a suggested stretch or move that helped to erase the pain or discomfort. The one thing that sets the therapist apart is the complete engagement with every patient. Everyone was given total attention and engagement. I felt as if each time I met with Stephanie or Adrian, I was getting their BEST effort and application of the day! Then I’d watch them with others and saw they received the same excellent attention. It truly is a place where you get connected – physically and mentally – because of the staff.” – Lisa

“They gave me hope for my chronic back pain and gave me the knowledge of how to make it better! Thanks!” – Vincent

Thank you for inspiring us every day!

months!

We are offering New Massage Members a 20% discount during the month of April. Only \$59 for an hour massage!

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!

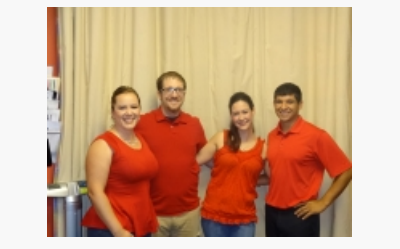


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