

Email Newsletter - Why People Choose Physical Therapy Connections, P.C.

Physical Therapy Connections | Sports Performance & Rehab

Specializing in rapid relief from pain, injury and weakness.

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Thank you to all of our patients!



Thank you to all of our awesome patients!

From bringing us flowers to filling our bellies with Popeye's chicken, we have the best patients in town.

You all brighten our days and always remind us how lucky we are to be surrounded by such caring people.

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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Physical Therapy Connections
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719-565-6678
[Our Website](#)

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October 16, 2017

This newsletter contains information on our appreciation for our patients as well as upcoming events in October and November. Don't forget to visit and follow us on [Facebook](#), [Instagram](#), [Twitter](#), [Pinterest](#), and [YouTube](#)!

Congratulations Michael Coffee!



Michael Coffee, LMT took home SILVER in the Best of Pueblo Massage Therapy Category!

Thank you for providing Pueblo with exceptional massage therapy and always educating the public on stress relief techniques.

Physical Therapy Connections will be participating next year in the Best of Pueblo contest. 😊

Here are our FREE upcoming events



Golfing with Pain Workshop

October 17, 2017 from 2:30pm - 3:30pm

At [Walking Stick Golf Course](#)

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



Knee Pain Workshop

November 6, 2017 from 5:00pm - 6:00pm

At [Physical Therapy Connections](#)

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

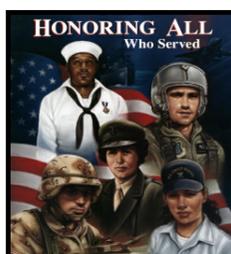


Shoulder Pain Open Clinic

November 7, 2017 from 11:00am - 11:45am

At [Physical Therapy Connections](#)

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



1/2 hour massages to all veterans

Through the month of October, 2017

Choosing the Best Physical Therapist (Yes, Your Choice!)



Choosing a physical therapist is a **personal decision** and one that shouldn't be made in haste or be pressured by a physician. One of the best ways to locate a therapist is by asking family, friends, co-workers or primary care physician for recommendations. An online search can also be conducted.

While all physical therapists are highly trained and educated professionals, some choose to specialize in specific areas of expertise. Some physical therapists specialize in all aspects of pregnancy related needs, while others choose to concentrate on sports injuries, rehabilitation for stroke or accident victims, pediatrics, neurology or geriatrics. It's important that patients select a physical therapist that has experience in their particular condition.

Try to schedule a consultation with the physical therapist(s) that are being considered. Patients should feel comfortable with their physical therapist, be able to ask questions and talk with them freely about their condition and treatment. Having a rapport with the physical therapist is critical for effective treatment.

A physical therapist may choose to operate their practice where they devote their entire time to one patient at a time. Others work with two to three patients at the same time within the same time frame. If a physical therapist is not spending one on one time with you or leaves you on a machine for an extended period of time, you may want to reconsider going to that clinic. Another important consideration is if the patient will see the same therapist for each appointment.

Halloween Finalists



We asked you to give us some ideas for Halloween costumes for the PTC team to dress up as, and here are the finalists:

1. Minions
2. Snow White and the 7 Dwarves
3. Zootopia
4. Harry Potter
5. Bob's Burgers
6. Wizard of Oz

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