

NEWSLETTER



COME BACK TO PT & BECOME MORE ACTIVE

Inside: • Patient Success Story • Exercise Essentials

• 7 Tips You Can Do On Your Own • Healthy Recipe

WWW.PTPROFS.COM

NEWSLETTER



NO PRESCRIPTION NEEDED!

Direct access is a law that allows patients to go directly to a Physical Therapist without the need for a doctor's referral or prescription.

7 Ways You Can Become Healthier, Stronger & More Active

It is a common aspiration to become healthier, stronger, or more active. However, this can sometimes be a difficult feat, with lack of time, pain, injuries, or difficulty sticking to a nutritious diet. When you are in pain, undesirable chemicals within your body are heightened, which can increase stress. As a result, your endocrine system becomes affected, which works to regulate the hormones in your body. Fortunately, the vast majority of aches and pains can be successfully treated by a licensed Physical Therapist. At Arvada Physical Therapy, our team is comprised of movement experts who have the knowledge and training to diagnose, evaluate, and treat any musculoskeletal condition that comes their way. To find out more about how our services can help you live a healthier, stronger, and more active life, contact our office today!

Your health and you:

The term "health" is all relative. It essentially means that

your body is operating at its highest levels of function in regards to breathing, circulation, digestion, and more. It doesn't necessarily mean that you have to be the most athletic person in the room. Any step you make toward helping your body function at its optimum levels is a step toward becoming a healthier you. Your Physical Therapist can provide you with exercises, stretches, and nutritional tips that can help increase your health and help you feel physically better overall.

Increasing your strength and flexibility:

It is no secret that strength and flexibility both play important roles in your health. Did you know that there are approximately 642 skeletal muscles in the human body? Your muscles work hard, not only to help you move, but also to support your circulatory and breathing systems. When you become stronger and more flexible, you become healthier overall. Our Physical Therapists can guide you through proper exercises and specialized treatments in

7 TIPS YOU CAN DO ON YOUR OWN

order to relieve your joint and muscle pain, increase your strength and flexibility, and improve your overall health. Physical Therapy treatments can help improve your health, but they only work if you apply healthy lifestyle choices in your everyday life, as well. Some tips you can do on your own to become healthier, stronger, and more active include:

- 1. Taking care of aches and pains.** Don't let these long-term problems linger. Contact Arvada Physical Therapy for professional help.
- 2. Limiting your sitting.** Get up every 30 minutes to walk around at work and home.
- 3. Getting out and moving.** Exercise regularly, even if it's just taking a short walk every day.
- 4. Maintaining a nutritious diet and controlling portions.**

Make sure your food intake is nutritious and portioned. By chewing your food thoroughly, you won't feel as if you have to eat as much.

- 5. Drinking more water.** Water keeps your body systems functioning at an optimum level.
- 6. Breathing!** Work on your deep breathing in order to increase your oxygen intake and get your lymphatic system moving.
- 7. Getting enough sleep.** Sleep at least 8 hours a day. It is best to get into a routine where you are going to bed and waking up on a regular cycle. This helps your endocrine system.

Contact Arvada Physical Therapy today!

Are you looking for assistance with increasing your

HEALTHY RECIPE: SHAMROCK GREEN SMOOTHIE

Ingredients

- 2 bananas, frozen
- 1 green apple, core removed
- 2 cups water or milk (non-dairy if necessary)
- 1 cup plain Greek yogurt
- 2 handfuls spinach (about 1-2 cups)
- 1 teaspoon vanilla extract

Directions

In a blender, add all ingredients. Blend until smooth, adding more water if you want a thinner smoothie. Adjust sweetness with additional honey, if desired.

Text (720) 358-5385 to Schedule Your Appointment Today!

Arvada Physical Therapy Professionals

Experts in Sports & Outpatient Orthopedic Manual Therapy

One-on-one private sessions with licensed Physical Therapists to help you with your back, shoulder, neck, knee - and all other joint or muscle pain or surgery.

📞 720-222-9669 ✉️ ptprofs@gmail.com



PATIENT SUCCESS STORY

"I recommend him to anyone I talk to that has any type of issues. He truly is the best!!!!!"

"I recommend him to anyone I talk to that has any type of issues. He truly is the best!!!! I have had 5 back surgeries. 3 from 2000 to 2002 ending in a fusion of L4 and L5. I went to numerous Physical Therapist, chiropractors and even tried acupuncture. All to no avail. In 2014 I had a spinal stimulator put in. I got a major infection and it had to be removed. Now I had horrible pain between my shoulders where the infection was. A new doctor referred me to David and I was very reluctant. After seeing David for a short period of time I started to see improvements. I couldn't believe it after all these years! David is so understanding about my pain. He is very knowledgeable, professional, attentive and he truly cares about his patients and their health. I continue to make improvements with David's help. David has helped me both mentally and physically, he has given me hope after all these years of being in pain. I recommend him to anyone I talk to that has any

Call (720) 222-9669 or visit ptprofs.com to schedule your appointment today!

EXERCISE ESSENTIALS

WWW.PTPROFS.COM



DIAPHRAGMATIC BREATHING

This exercise helps to relax your whole body. Lie on your back with your knees bent. Breathe

Exercises copyright of  SimpleSet Pro

www.simpleset.net

