

NEWSLETTER



GET BACK IN THE GAME WITH PHYSICAL THERAPY

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PATIENT SUCCESS
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NEW BETTER



NO PRESCRIPTION NEEDED!

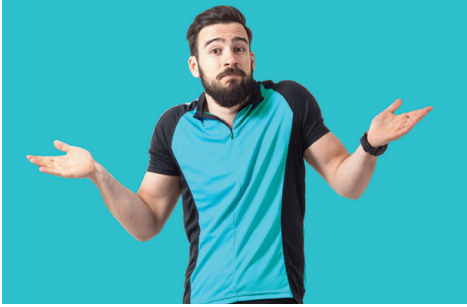
Direct access is a law that allows patients to go directly to a Physical Therapist without the need for a doctor's referral or prescription.

GET BACK IN THE GAME WITH PHYSICAL THERAPY

Did you know that according to the U.S. Centers for Disease Control, over 2 million high school athletes suffer from sports-related injuries annually? Additionally, 3.5 million kids under the age of 14 also receive treatment for sports-related injuries annually. This doesn't even include the number of adult athletes that get injured from a sport.

Whatever age you are, or level of physical ability you may have, Physical Therapy can help you in enhancing the healing process of a sports injury. With our sports injury rehabilitation programs, you will be able to get back to doing the activities you love in no time. If you are looking for a quick and easy way to get off the sideline and return to your sport, contact Arvada Physical Therapy today to consult with one of our physical therapists.

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I HAVE A SPORTS INJURY — HOW DID THAT HAPPEN?

“Sports injury” is a term that can be used to describe any injury sustained while exercising or performing some sort of athletic activity. There are two ways in which sports injuries can occur: suddenly, such as one football player colliding with another, or over time, through repetitive motions, such as improperly lifting heavy weights at the gym or running in ill-fitted shoes. Simply put, anything that results in pain while performing physical activity can be considered a sports injury.

Whether you rolled your ankle on the soccer field, swung your bat too aggressively on the baseball diamond, or strained your back while hiking your favorite trail, Arvada Physical Therapy can help you find relief. Your treatment plan will be dependent upon the nature of your injury, your health history, and whether or not the injury requires surgical intervention. If you've sustained a sports injury, please contact us as soon as possible. Any injury left untreated can become more severe over time.

Sports injuries can typically be placed into two categories: acute or overuse. Acute injuries are caused by a single specific incident, such as:

- Sprains
- Strains
- Fractures
- Tears

Overuse injuries are caused by excessive repetitive movements over time. Some examples of overuse injuries include:

- Frozen shoulder
- Flexor tendinitis
- Shin splints
- Tennis elbow
- Golfer's elbow

Don't let a sports injury take you out of the game — regain your function and get back to the sport you love with Physical Therapy.

HOW CAN PHYSICAL THERAPY HELP WITH SPORTS INJURIES?

The overall goal of Physical Therapy is healing and prevention. In addition to treating the injury, our physical therapists will help strengthen the affected area, in order to prevent additional injury from occurring. Our Physical Therapists will also provide you with helpful warm-up and cool-down techniques for your sport, in order to lower your risk of sustaining another injury.

At Arvada Physical Therapy, our Physical Therapists will create a treatment plan for you, based on your individual needs. Physical Therapy is a natural and holistic approach to healing, including services such as:

- **Manual Therapy.** This may include massage or joint mobilizations.
- **Modalities.** This may include specialized treatments that your Physical Therapist has been certified to perform, such as ultrasound or electrical stimulation.
- **Therapeutic Exercises.** This may include any targeted movement to help you find relief, including, but not limited to: area-specific exercises, balance and coordination exercises, muscle performance exercises, range of motion exercises, posture exercises, and relaxation exercises.

Physical Therapy has been proven to be successful in treating both acute and chronic injuries, such as ligament sprains, muscle strains, plantar fasciitis, bursitis, tendinitis, and more. Your Physical Therapist will teach you about what your body is experiencing and the recovery process it will go through. You and your Physical Therapist will work together to help you reach your physical goals, allowing you to be engaged and active in your rehabilitation.

Physical Therapy offers so much more than current symptom relief — it offers sports injury prevention and natural performance enhancement. If you are an athlete suffering from a sports-related injury, don't waste any more time on the sidelines. Take your recovery to the next level with our Physical Therapy team. Confirm your appointment with one of our experienced physical therapists today and get started on the right track toward returning to the sport you love!

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



PATIENT SUCCESS STORY

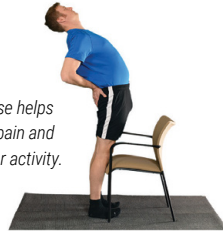


"I had a shoulder issue from weightlifting which seemed to be difficult for others to diagnose. I went to Dr. Berman and within 10 minutes he figured out I had an impingement and a specified plan of treatment. At the same time my wife was having neck and back pain due to various reasons. She went to two other doctors and a trip to the ER to no avail. I actually texted Dr. Berman from the ER to schedule an appointment for my wife the next day. After two visits she is starting to get back to normal. His education, background, and experience in human anatomy enables him to be very effective in pain management. I highly recommend him for any issue where you think Physical Therapy is needed. I wouldn't go anywhere else." - Ken B.

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

EXERCISE ESSENTIALS

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This exercise helps ease back pain and warm up for activity.

STANDING EXTENSIONS

Stand up straight. Place your hands on the small of your back. Lean backward as far as possible, keeping your knees straight. Hold for 2 seconds and return to the starting position. Complete 10 reps. Repeat up to 8 times per day as needed.

Exercises copyright of  SimpleSet Pro

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Are you or someone you know suffering from a sports injury? Contact Arvada Physical Therapy Today and get back in the game!

Text (720) 358-5385

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.



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