ROCKY MOUNTAIN PHYSICAL THERAPY

NEWSLETTER

Helping You Move Through Life Pain-Free!



LIVE A HEALTHIER LIFE WITH

PHYSICAL THERAPY

Are you suffering from the lingering pain of an injury? Are you recovering from surgery? Our physical therapists at Rocky Mountain Physical Therapy are dedicated to relieving your pain, whatever the case may be. We'll get you back to your peak level of physical health. A healthy, strong, and active lifestyle is what everyone strives for. However, it is not always easy to obtain, especially with chronic pain. The very thought of going out and exercising with your aches and pains may leave you feeling uncomfortable.

Fortunately, there is a more straightforward solution to gaining the active lifestyle you desire. Physical therapy can help you achieve optimum health and fitness levels while reducing your pain. If you are looking for a healthier and more active lifestyle, contact Rocky Mountain Physical Therapy today!

How Physical Therapy Can Help You To Be Healthier

Physical therapists are movement experts who can help improve your quality of life by developing an exercise program, providing hands-on care, and educating about your condition and overall health and well-being.

A physical therapist is educated in analyzing your ability to perform regular movements (i.e., functional mobility). By analyzing how you move, your therapist can identify issues with bending, stretching, squatting, kneeling, walking, running, jumping, and almost every other form of physical activity. Our physical therapists will pinpoint problem areas and create a customized treatment plan to improve those areas. Through in-office sessions and at-home exercises, you will learn to restore your joint and soft tissue mobility as well as strengthen your muscles, improve your balance, and experience pain relief, all without the unwanted harmful risks of drugs or surgery.

Visit Us Online www.rockymtnpt.com or Call Today!

PHYSICAL THERAPY TREATMENTS TARGET YOUR NEEDS AND GOALS



Our physical therapists will perform an examination to develop a treatment plan to improve your ability to move, reduce or manage pain, restore function, and prevent disability. We also will work with you to help you achieve your fitness goals and lead an active life. Our physical therapists will cater your treatment plan around specific movements designed to increase your strength, flexibility, balance, and overall mobility. For example, your physical therapist will guide you through a series of exercises designed to help the injury and return to your pre-injury abilities.

We will start with pain management and restoring mobility to the injured area. Next, we will focus on progressing your strength and dynamic stability exercises designed to restore function and prevent injuries. We will also incorporate balance and coordination exercises to stimulate the nervous system and help ensure you can avoid an injury in the future. Your physical therapist will assist you with many of these exercises and provide some simple ones that you can do at home.

The end goal of physical therapy is living the life you want, free from painful limitations. That can only happen when you apply the concepts from your treatments to the outside world. Our physical therapists are as dedicated as you are and will encourage you to achieve all the goals you outlined in the beginning.

What To Expect From Your Physical Therapy Sessions

Some people try to mask their symptoms with anti-inflammatory or pain-relieving medications, while others, unfortunately, give up on the idea of being active altogether. With the help of a physical therapist, it is possible to reclaim your pain-free, healthy lifestyle and get back to doing the activities you love.

Everyone has different needs based on the conditions of their bodies. There is no cookie-cutter approach to health and wellness, as one treatment plan may not work the same for one person as it would for another. Your physical therapist will work closely with you to evaluate your needs and provide you with a comprehensive plan to achieve your goals. Once your physical therapist has a clear picture of what you need, they will begin constructing a treatment plan to help relieve your pain and live a healthier lifestyle.

Contact Us Today!

If you want to improve your health, strength, and physical activity, Rocky Mountain Physical Therapy is here to help. Please schedule a consultation with one of our physical therapists today and get started on your journey toward better health and wellness!

Sources: https://www.apta.org/your-career/careers-in-physical-therapy/becoming-a-pt

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Visit Us Online www.rockymtnpt.com or Call Today!

FREE PAIN CONSULTATION

ROCKY MOUNTAIN PHYSICAL THERAPY

CALL A CLINIC NEAREST YOU TO SCHEDULE TODAY!

Spots are limited, call today!

Call to schedule.
Expires 02-23-23

CALL A CLINIC NEAREST TO YOU!

Broomfield	(720) 637-1131
Central Fort Collins	(970) 660-6766
Loveland	(970) 436-4496
Windsor	(970) 579-7689
Greeley	(970) 436-4617
South Fort Collins	(970) 510-8262
Johnstown	(970) 510-8261
Greeley (Pediatric)	(970) 510-8275
Windsor (Pediatric)	(970) 510-8212

WE WANT TO HEAR YOUR SUCCESS STORY!

Click below to tell your PT story and leave your review. We look forward to hearing from you!

REVIEWS



www.rockymtnpt.com

EXERCISE ESSENTIALS

KNEE SQUAT

Try this movement to strengthen your knees.

Start by kneeling on a foam pad with your butt on your heels and your torso standing tall. Drive your hips forward to go into a tall kneeling position with your hips locked out; hold a few seconds then lower back to kneeling with control. 3 sets, 10 reps.



PT WIRED
www.ptwired.com

Always consult your physical therapist or physician before starting exercises you are unsure of doing.

HEALTHY RECIPE

TEN MINUTE TUNA MELT

Ingredients



- 1 5-oz can no-salt-added water-packed tuna, drained
- 1 small celery stalk, chopped
- 2 tbsp chopped roasted red pepper
- 1 scallion, minced
- 3 tbsp low-fat plain Greek yogurt
- 1 tsp Dijon mustard
- ¼ tsp ground pepper
- 4 tsp mayonnaise/softened butter
- 4 slices whole-grain bread
- 2 slices sharp Cheddar cheese

Directions

Stir tuna, celery, roasted red pepper, scallion, yogurt, mustard and pepper together in a medium bowl until well blended. Spread 1 teaspoon mayonnaise (or butter) on one side of each slice of bread. Flip 2 of the slices and top each with half of the tuna mixture, 1 slice cheese and another slice of bread, mayonnaise-side up. Heat a large skillet over medium heat. Place the sandwiches in the pan and cook, turning once, until the cheese is melted and the bread is golden, 3 to 5 minutes per side. Serve immediately.

https://www.eatingwell.com/recipe/7907251/10-minute-tuna-melt/

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