

Email Newsletter - Teeth Clenchers, Bed Tossers, Junk Food Eaters, Pain Bearers: A Guide for the Chronically Stressed.

Physical Therapy Connections / Sports Performance & Rehab

Specializing in rapid relief from pain, injury and weakness.

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What we're up to



Our Billing and Collections Specialist has returned to work!

After fighting a long battle with cancer, we are happy to inform you that Ashley has returned home from Denver and is enjoying being at work again.

The picture above is of all of the ladies at work wearing a shade of purple. Ironically, they did not plan this! Maybe it was coincidence or maybe they were all on the same wavelength that day. 😊

Thank you for all of your well wishes, thoughts, prayers and support!

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

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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Physical Therapy Connections,
P.C.
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November 20, 2017

This newsletter contains information on stress and how we are staying up to date on the best treatment programs for our members. Events in December and will also be covered. Don't forget to visit and follow us on [Facebook](#), [Instagram](#), [Twitter](#), [Pinterest](#), and [YouTube](#)!

For the Chronically Stressed!!



As humans, we all handle [stress](#) differently. Whether it's grabbing sweets, allowing the pressures of the world to rest on our shoulders, or letting someone actually be a stressor in your life, we all eventually wear down and let chronic stress affect our lives. We lose sleep, take medications, develop depression, develop high cholesterol and blood pressure issues. Some of us actually have far worse outcomes such as stroke or heart attack. We all know someone or have heard of someone completely healthy and young having a stroke or heart attack.

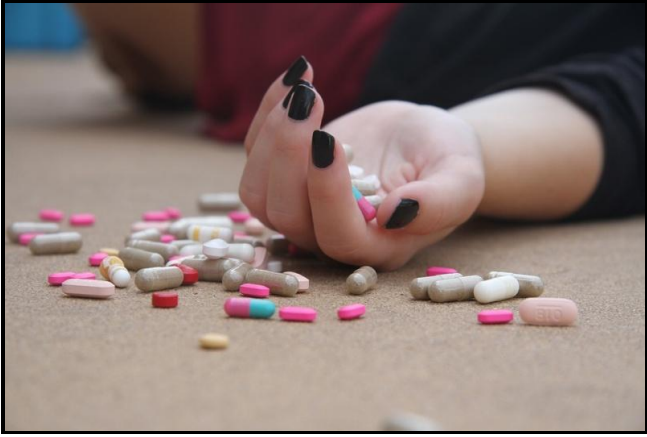
While meditation is a great way to reduce [stress](#), there are some other ways to help combat [chronic stress](#). One such way is exercise. Recent research has indicated that exercise gives the same effects physiologically as meditation does. 30 minute exercises are said to increase serotonin and dopamine in the body. While exercising longer than that can start to put more cortisol in the body, so do be careful to not overdo it when exercising.

Another way to reduce stress is to get a massage. Massage therapy relaxes the muscles and the mind to also help reduce cortisol and increase serotonin and dopamine in the body. Some research indicates that massage actually helps strengthen the immune system and increases circulation!

One of the greatest benefits of getting a regular massage is body awareness. Being aware of your body and how a person reacts to chronic stress can help reduce some of the negative effects that 'normal' living and stress can have on the body. An example of this is the saying, "the weight of the world rests on my shoulders".

Sometimes when we are [chronically stressed](#), we will raise our shoulders to our ears and jut our heads forward. For a short period, this may not have any effect on our body. However, if you have your shoulders to your ears for hours, everyday for months and even years, this can contribute to the pain cycle that may develop when we allow stress to consume us.

The one thing people often do is take medication. While some medications can help manage stress, they often times only mask the stress, and not truly help the root cause of the chronic stress.



The one thing you can do to help break this cycle is to start sleeping 8-9 hours a night with absolutely no light in the room. When you go into REM you actually start healing. A person can start to break this cycle with sleep alone.

Massage therapy, exercise, meditation, and even psychotherapy are other great ways to help reduce the negative effects that [chronic stress](#) has on the body. With a mix of all three of these, often times these therapies can help get to the root cause and alleviate this type of stress.

Stay tuned for more on Chronic Stress and what you can do to help reduce and or get rid of your stress.

For more information, contact Physical Therapy Connections P.C. at 719-565-6678 or email us at sam@pt-connections.com. You can also visit our [website](#) or [social media accounts](#) to keep up on our blogs or upcoming events.

Physical Therapy for Restful Nights and Pain Free Days

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The use of physical therapy to alleviate pain and obtain restful sleep has a history reaching into antiquity. Hippocrates is believed to have been the first physical therapy practitioner. He developed treatments for gout, arthritic joints, and advocated manual therapy, massage and hydrotherapy treatments – all of

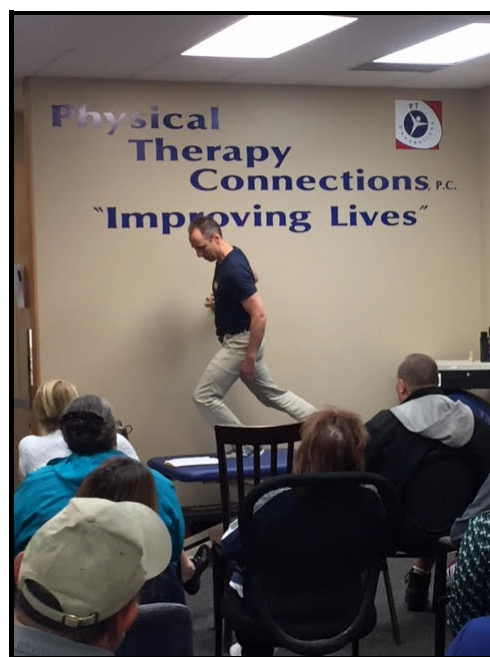
which are still used today. The treatments he pioneered were later adopted by early Olympians.

There are more than 150 conditions that cause inflammation and pain to joints and the body's neurological system, along with current and prior injuries that can result in pain long after the initial injury has healed. Conditions run the gamut from rheumatoid arthritis and osteoarthritis to migraine headaches and fibromyalgia.

More than 116 million individuals suffer with pain from accidents, injuries and chronic conditions that result in sleep disturbances, lack of mobility, and curtail lifestyles. A physical therapist can assist patients understand the underlying cause of their pain and how it affects their body. Patients will learn new ways of performing everyday tasks for ease and convenience, along with ergonomic and adaptive strategies to lessen stress and pain on the body.

FREE Workshops

Chad Clark's Knee Pain Workshop

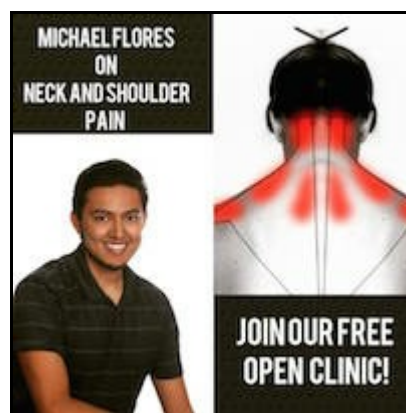


On November 6, 2017, Chad Clark gave a free workshop to the public on how to fix your knee pain. Knowing where your knee pain is originating from is vital to figuring out how to get rid of it.

Whether you have ankle instability or hip weakness, your knee pain is often caused by faultlines in different areas of your body. Chad was able to show our members how to test for these instabilities or weaknesses in the comfort of your home and what you can do about it.

If you were not able to come to this workshop, schedule an evaluation by calling Sam at 719-565-6678 or go to our website and live chat during our business hours...THAT'S RIGHT! YOU DON'T EVEN HAVE TO PICK UP THE PHONE! We want you to stop suffering, stop "putting up" with your pain and get back to living to your fullest!

Having other pain in your body? WE HAVE YOU COVERED!



[Michael Flores](#) is hosting three FREE one-on-one sessions for your shoulder pain on December 5, 2017 from 11:00 am - 11:45 am. There are only two spots left, so call today to reserve your spot or [click this link to RSVP online.](#)



[Stephanie Nolting](#) is also hosting a FREE workshop for those who have back pain on December 4, 2017 from 5:00 pm - 6:00 pm. She will show you the DO'S and DON'TS of what to do when you're experiencing back pain. Call 719-565-6678 to reserve your spot or [click this link to RSVP online!](#)

Happy Thanksgiving from the PTC team



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