

Email Newsletter - Off Balance?

Physical Therapy Connections / Sports Performance & Rehab

Specializing in rapid relief from pain, injury and weakness.

Thank You For Coming Out!

Max's Workshop for Golfers

A big thanks to everyone who came out to Elmwood Golf course to listen to Max speak on proper golfing mechanics. Many people don't realize that when they are swinging, walking and carrying their golf bag, they are often doing it improperly. Balance, stability, coordination and much more plays a role in every motion performed in golf. [If you missed the workshop, click here for more information.](#)



We are staying up to date on the best treatment programs for our members and are here to get to the root of your pain. Events in April and May will be covered below. Don't forget to visit and follow us on [Facebook](#), [Instagram](#), [Twitter](#), [Pinterest](#), and [YouTube](#)!

A New Life with Physical Therapy



No one wants to experience pain and discomfort, especially the kind that prevents you from doing simple things like sitting, standing and walking. From a human anatomy standpoint, pain in the hip and pelvis affects your ability to bear weight on those joints. In fact, problems in the lower back are related

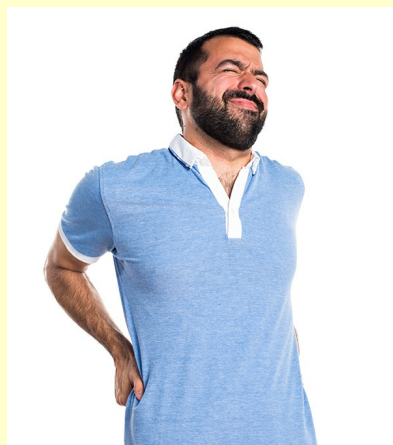
to hip pain and vice versa.

As your physical therapists, we will conduct a detailed evaluation to answer important questions such as:

- When did the problem originate?
- What causes an increase in pain?
- How can we get you back 'on your feet' as quickly as possible?

Once we gather all the information from you, we use our training and insight to formulate a treatment program designed for your unique needs. If you or someone you know has experienced a pelvic fracture or you have any questions about physical therapy, please give us a call. We will present you with several options to work with us, and answer any questions you might have. Our schedule tends to fill up quickly, so we urge you to call us now. Thank you for reading, and we look forward to hearing from you.

Problem With Pain in the Pelvic Region? Let Your Physical Therapist Help You



Have you ever had a nagging pain in the region of the pelvis or hip? Pain or discomfort in the pelvic region and the hip may be related. Since the hip is a weight bearing joint, pain and discomfort in the hip can cause problems with sitting, standing and walking.

The bones of the hip and pelvic region act as protection for internal organs such as the bladder. Depending on the severity of the injury, a hip fracture can result in internal bleeding, difficulty

urinating and abdominal pain.

Fractures in the pelvis and hip typically result from high-impact trauma. Participation in athletic programs, bicycling injuries and vehicle accidents can also cause fractures.

Low-impact injuries in the elderly are usually precipitated by osteoarthritis and osteoporosis. Falls are a major area of concern for the elderly. Causes include deterioration in balance, impaired vision and unintended obstacles like slippery floors, rugs and even pets. Fractures as a direct result of falls in the elderly can lead to complications such as cardiovascular disorders, pulmonary problems and infections.

The Dual Role of Physical Therapy

 [Save As PDF](#)

What we're up to



Chad Clark and Adrian Gomez recently went out to screen some local Loaf & Jug baseball players. The kids did great and were able to learn where they need to improve. Our job as a Physical Therapist Clinic is to educate the public on ways to improve their health. From nutrition to movement, we are here to answer your questions.



Samantha Goeke attended the Let's Move event at CSU-P to show the kids the importance of ankle mobility. We found that many kids are unable to jump the length of their body. This can often indicate poor ankle mobility and a possible precursor to future injuries. If you want to know what tools you can use to prevent injuries in children, be sure to contact us at 719-565-6678.

Injury prevention ties into your overall health. Many people are able to function and get by in their daily activities but have a risk of fall, re-injury or have chronic pain...that's where we come in!

[Schedule your free 15 minute phone consultation today](#) to see how you can get back to doing the things that you love! 719-565-6678



Sam squared (Samantha Brown and Samantha Goeke) are 5 months into their journey to becoming certified yoga instructors. Keep an eye out for yoga workshops and free events in the upcoming months!

Don't wait until the last minute to get your mother a Mother's Day gift! Our Massage 12 Pack is only \$708.

A period of rest and recovery is essential after any injury, but hip and pelvic fractures pose unique challenges. An extended period of bed rest is needed to allow time to heal. Reduced muscle tone and weakness may ensue. It can also result in a reduction in joint mobility. Physical therapy helps mitigate the effects of bed rest.



Once a patient is weight bearing, a therapist can facilitate recovery using some of the following methods:

Passive Joint Mobility - If the patient is in bed, a physical therapist will use techniques to keep the joints mobile with a safe and progressive sequence of passive exercises.

Assisted Joint Mobility - As the individual regains strength, muscle engagement is facilitated. The patient is asked to participate in the movement while being facilitated by the therapist.

Progressive Weight Bearing - The ability to stand and walk using assisted devices like crutches or walkers is an important part of the recovery process. The supervision of the physical therapist is crucial to ensure a safe recovery.

Joint and Soft Tissue Manipulation - Specialized techniques help restore movement, and therapeutic massage is used to reduce muscle tension, control pain and facilitate range of motion.

Customized Exercise Programs - Specialized routines are tailored to the individual abilities of the patient and can be performed with or without equipment. The method increases strength, maintains tone and sustains range of movement.

Training with Assistive Devices - Physical therapists provide patients with help in learning to move with crutches, canes, wheelchairs, and walkers.

Let us know how we're doing!

Help us get the word out!



[Leave a review on Google](#) for Physical Therapy Connections, P.C. and get entered in to win a free 1/2 hour massage. [Let us know how we're doing](#) and what you enjoyed most about your time with us. [Click HERE](#) to leave your review.

Here's what some of you already had to say:

“It truly changed the problem I was having. In a short amount of time I had amazing results and I am so happy and grateful. THANKS THANKS STEPHANIE!!!” - Beth

“I learned new techniques for strength. I loved the one on one attention and care.” - Anna

“My mobility with every day activities has improved greatly and my pain has decreased. I have more energy throughout the day.” -Julie

“My experience with your institution was great. Max Madrid was very experienced and helpful with my recovery. I rate his skills 10 out of 10!” - Gomez

Thank you for inspiring us every day!



To keep up with what we do at PTC, follow us on our [Facebook page](#), [Twitter](#) account or [Instagram](#) (Share this with as many people as you want).

[Forward This Newsletter - Refer a Friend](#)

Pueblo High School Graduates also get a 20% discount!

As always, thank you for all of your continued support and awesome feedback! We appreciate each and every one of you.

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!



Samantha Goeke
Physical Therapy Connections,
P.C.

[Email-us](#)

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