



Ascent Physical Therapy
Work Better. Play Better. Be Better.

Ascent Physical Therapy

December 2008

Who is New at Ascent PT

We are excited to announce that Kelly Aremburg, DPT and Victoria Garibay have joined us over the past few months.

Kelly recently moved to the valley from Vermont and is a graduate of the University of Vermont. Kelly loves to ski and has special interest in sports medicine and also women's health issues.



Victoria is our new patient representative. She helps make sure everyone is treated well and gets the best possible experience at Ascent Physical Therapy. Victoria also speaks Spanish fluently to help us serve our Spanish speaking clientele better.

Points of Special Interest

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- Tips to avoid ACL injuries while skiing! Page 3
- FREE Monthly Laser Clinic (Back Panel)

**Need Physical Therapy?
 No Insurance? High Deductibles?
 We have a solution for you!**

We know many of you are dealing with spiraling healthcare costs without insurance or ever increasing co-pays and deductibles. Whether you're recovering from a sports related injury, need post surgical rehab or just have pain, Ascent Physical Therapy wants to help you achieve your goals and get the results you deserve at an affordable price through our cash pay program . If you're one of the many who are uninsured or under insured call us today at 970-949-9966 to find out which discount package you qualify for.

- High Quality Care at an affordable price.
- Discount Cash Packages
- Payment Plans Available
- No insurance Hassles
- No insurance Restrictions

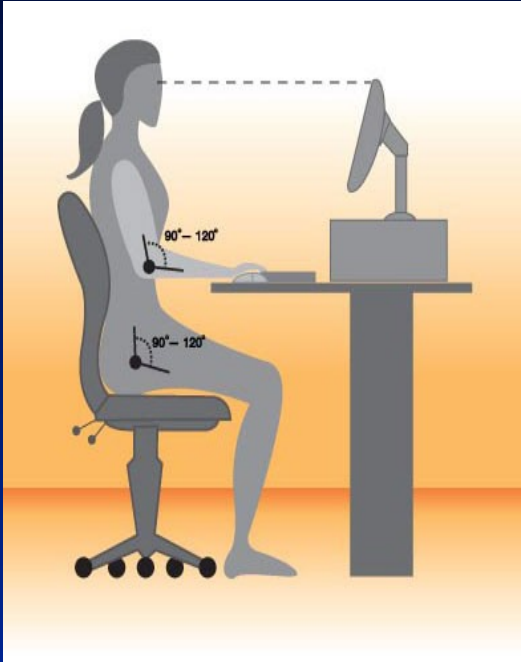
Receive a 30 minute massage...on us!
 (details on back panel)

Conveniently Located
 in the
 Lodge @ Avon Center
 100 W. Beaver Creek Blvd
 Suite 204
 Avon, CO 81620

Phone: 970-949-9966
 Fax: 970-949-9988
 Email: info@ascent-pt.com

Website: ascent-pt.com

5 Ways to Be More Comfortable at Work!



Do you experience fatigue, soreness or have pain in your neck or back at the end of your work day? In today's world, of long hours at the computer, our bodies are placed in uncomfortable positions for long hours. Here are 5 ways to ease some of this strain.

1. Adjust your chair and desk so they are ergonomically correct. If you have proper back support and correct postures for your neck, shoulders, and wrists, much less strain will be placed upon these areas.
2. Move frequently. Our bodies were not designed to be stationary objects. You should never sit for more than 15-20 minutes without getting up and moving.
3. Organize your desk so things you use frequently are close and easy to get to. Reaching over seldom used objects to answer the phone all day long adds energy and stress to your body.
4. Give yourself eye breaks. When we constantly stare at a monitor which is 2 feet in front of us our eyes become fatigued. This results in poor postures causing strain and fatigue. Frequently throughout the day focus on a point in the distance by looking out the window or across the room.
5. Get involved in an exercise program. If you sit or stand a lot of your day, a stretching, strengthening, and aerobic program can help your body compensate for many of the harmful postures we use at work.

Making a few simple changes in your workspace and your activities can make your work day much more comfortable and productive

Please keep in mind if you still have a few unanswered questions, call 970-949-9966 our highly skilled physical therapists are ergonomic certified, and can show you safety in the workplace through informational safety seminars, and evaluating your workstation at your place of employment.

Mind Teaser!!!!

Q. You are cold, tired, and hungry. You walk into a room with a match. In the room is a candle, a heater, and a stove. What do you light first?

First 5 people to call Ascent PT wins 2 Movie Tickets.

970-949-9966

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Tips to avoid ACL injuries while skiing

The ACL or anterior cruciate ligament is a ligament located inside the knee joint. It is a major connector of the femur and the tibia and one of the key parts of the joint for maintaining a stable, yet flexible knee. ACL injuries are caused by several factors. The most common is a traumatic force being applied to the knee in a twisting moment or a forceful hyperextension.

Specific conditioning and strengthening exercises for the quadriceps and hamstring muscle groups are very important to do before the ski season starts. You can talk with a physical therapist about which exercises are best for you. Also, a proper warm-up before you hit the hill should not be ignored. Intense exercise done without a dynamic warm-up has the potential for injury. Ski easier at the end of the day, when you are typically fatigued. Avoid difficult trails, big air, and lots of moguls. Lastly, use gear that is fit to you and tuned properly. Check your bindings for release tension. Don't have them set too tight.



Keep in mind the following situations that can increase the risk for this serious knee injury:

- Attempting to get up while still moving after a fall.
- Leaning right back on your skis or attempting to sit down after losing control.
- Attempting to recover from an inevitable fall.

Tips to avoid ACL injuries while skiing include:

- In a fall, keep your arms forward and hands over your skis if possible
- Don't fully straighten your legs when you fall – try and keep them bent.
- After a fall, don't try to get up until you have stopped moving

"Obstacles don't have to stop you. If you run into a wall, don't turn around and give up. Figure out how to climb it, go through it, or work around it."

Michael Jordan



If you are interested in setting up an ACL prevention exercise program with one of our physical therapists please call us at :

970-949-9966

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**The Lodge @ Avon Center
100 W. Beaver Creek Blvd
Suite 204
Avon, CO 81620**

**Phone: 970-949-9966
Fax: 970-949-9988**

**Our Website:
Ascent-pt.com**

Do you want a **FREE** Massage?

Refer a friend to Ascent PT and you will receive a FREE 30 min massage for every referral once he/she becomes a registered patient.

FREE Monthly Laser Clinic!

Do you have pain and inflammation and would like to reduce it, but you don't know how? Our FREE laser clinic may be just the answer for you. ML 830Laser is a revolutionary new therapy. The Healing power of light relieves acute and chronic pain, reduces inflammation, helps generate new cells and tissue, promotes faster wound healing, and much more.

This laser is used to treat but not limited to: Arthritis, Back/Neck Pain, Carpal Tunnel, Heel Spurs, Migraines, Tendonitis, Sprains/Strains and Swelling.



Upcoming Free Laser Clinics!

Dec 16, 2008 4-7 pm

Jan 27, 2009 4-7 pm

Feb 24, 2009 4-7 pm

Please call 970-949-9966 for your FREE trial treatment!