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FREE LASER CLINIC EVERY MONTH

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, Heal Spurs, Migraines, Tendinitis, Sprains/Strains and Swelling.



Upcoming Free Laser Clinics!

February 21, 4-7 pm

March 29 4-7 pm

Call (970) 949-9966 to
book an appointment!

Meet an associate of Ascent Physical Therapy, and this month's featured physician:

Vail-Summit Orthopaedics

Dr. Paul J. Abbott Jr. MD - Specialty: Sports Medicine - Shoulder Injuries



After graduating from the Medical College of Virginia in 1980, Dr. Abbott completed an Orthopaedic Residency at the University of Washington in 1985.

Dr. Abbott has specialized in Sports Medicine since 1986 and joined Vail -Summit Orthopaedics in 1993. Shoulder injuries have been Dr. Abbott's primary focus, and he is often able to prevent surgery with a judicious use of medicines, physical therapy and alternative medicine.

Dr. Abbott is also the only physician in summit and Eagle Counties who devotes his practice exclusively to the treatment of shoulder problems.

Dr. Abbott enjoys road biking during the summer and he offers a workshop on bike fitting and injury prevention.

FREE 30 MINUTE MASSAGE

Refer a Friend Program!

Upon your referral of a newly registered patient, you are entitled to a free 30-min massage!

Answer this question and call (970) 949-9966 before February 25th for your chance to win a free 30-min massage!

Where is your Achilles tendon?

REDUCE THE RISK OF A SNOWBOARDING INJURY

Snowboarding carries a slightly higher risk of injury than alpine skiing - between 3-6 injuries per thousand boarder days (compared to 2-3 injuries per thousand days for alpine skiing). The risk varies with experience as well - the highest risk group being beginner snowboarders (especially those on their very first day). The most common type of injuries seen with snowboarders are upper extremity injuries, specifically, wrist fractures, shoulder dislocations and AC joint separations. Here are some practical tips to help reduce the risk of a snowboarding injury:



- **Take a lesson:** Most snowboarders don't take professional lessons, but learn from friends or are self-taught. Poor technique and bad habits increase your chances of falls and injury. Play it safe and pay for a few lessons before hitting the slope.
- **Wear protective gear:** It is a natural response to put out your hand to break a fall and as a result the wrist can be broken. Wearing wrist guards can help reduce possible wrist injuries in a fall.
- **Take a break:** The vast majority of injuries happen at specific times of day, just before lunch or the last run of the day when fatigue kicks in. When you are tired, mistakes happen – edges get caught and injuries occur. Pacing your-self, taking a break and not attempting the hardest run at the end of the day all help reduce the risk of injury.
- **Get the right equipment:** Damaged or inappropriate equipment may contribute directly to an injury or to the severity of one. Make sure the board is the right size and ability level for you. A beginner using an advanced level board which they are not yet competent to control could lead to trouble!
- **Learn how to fall:** When you are a beginner, falling is an unfortunate part of the learning process. Forward falls com-

monly result in shoulder-girdle injuries; falls backward more commonly produce wrist fractures, spinal injuries and head injuries. Common guidelines which may help to minimize injury risk are to make a fist - this prevents fingers splaying and wrists hyperextending; rolling onto your forearms and knees if you fall forwards, and rolling onto your bottom – not your hands if you fall backwards.

- **Pre-hab:** It is a good idea to make sure you are physically fit before hitting the slopes. One of the main reasons people get injured while snowboarding is that they don't have the physical ability for the sport. Focusing on endurance, core strength and flexibility are all important aspects of prehabilitation. Strengthening the forearm and shoulder muscles may allow these joints to withstand greater force, preventing injuries from occurring.
- **Ride Goofy:** One study looking at almost 2000 injured riders discovered over 90% of those injured were in a regular stance when they injured themselves.

Anatomy Fun Fact

Babies are born with 300 bones, but by adulthood, we have only 206 bones in our body.



Need Physical Therapy? No Insurance? High Deductibles?

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.