



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

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<p>Avon Rec Center 90 Lake Street PO Box 3381 Avon, CO 81620</p> <p>Phone: 970-949-9966 Fax: 970-949-9988 Website: ascent-pt.com Email: info@ascent-pt.com Blog: http://ascentphysicaltherapy.blogspot.com</p>	<p>Downtown Eagle 341 Broadway Ste. 2 Eagle, CO 81631</p>
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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, Tendonitis, Sprains/Strains and Swelling.



Special Offer
 through
March 31st.

For current and new patients.

\$ 39.00

Evaluation and Treatment

Valid at our Eagle Clinic only.
 Call for an appointment today 970.328.5230

FREE 30 MINUTE MASSAGE

Refer a Friend Program!

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

Like us on Facebook before February 15th for a chance to win a 30 minute massage!



Upcoming Free Laser Clinics!

January 31 4-7 pm

February 28 4-7 pm

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

We frequently get asked - "What should we do at home if we injure ourselves?"

Most acute injuries can be treated safely at home using the P.R.I.C.E. principle. The acronym stands for:

- **Protection** – to avoid further injury; use a brace, splint or taping if needed.
- **Rest** – to allow the body's own healing processes to naturally occur without being impeded by movement of the injured area.
- **Ice** – use crushed ice in a Ziploc bag or an ice pack, and don't forget to place a light barrier between the skin and the ice (i.e. a pillow case/towel)! Apply for 15-20 minutes then let the skin re-heat. Repeat every two hours while awake.
- **Compression** – use a compression wrap to minimize swelling in the injured area.
- **Elevation** – the injured area needs to be above heart level if possible.

The principles of P.R.I.C.E. should be used for the first 48 – 72 hours immediately after the injury. The goal during this time frame is to control the amount of swelling to the injured area, prevent further injury, and reduce pain. Following these principles can effectively reduce the amount of swelling in an injured area thereby reducing the amount of time required for rehabilitation. Physical Therapy can also promote healing with modalities such as electrotherapy and taping initially, followed by soft tissue mobilization and gentle exercise after the acute phase. Contact Ascent Physical Therapy at 970.949.9966 if you have an injury and want further advice!



Anatomy Fun Fact



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.