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READ INSIDE TO LEARN TWO WAYS YOU CAN RECEIVE A FREE 30 MINUTE MASSAGE!

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MEET THE NEW TEAM

With a new year comes a fresh start and here at Ascent Physical Therapy we are welcoming two new members to the team!

- Helen Bradley is our new Physical Therapist. Originally from the United Kingdom, Helen worked for the National Health Service for several years along with the Royal Navy cricket team and local rugby clubs. She has a special interest in sports medicine and injury prevention, and is studying for her Masters in Sport and Exercise Medicine. She is also an avid snowboarder and works as an instructor in her free time.

- Leigh Ann Bryan is our new Clinic Manager. Originally from Texas, after graduating with a BA in Bioinformatics she saw the light and moved to Colorado in 2008. She will be attending graduate school to earn her MS in Physician Assistant Studies in August. Having an interest in Orthopaedics, she is happy to be working in a PT clinic.

ANATOMY FUN FACT

The lumbar spine or low back, carries the most weight and experiences the most motion relative to other regions of the spine. These two factors make the lumbar spine the most frequent source of back pain. If you suffer with a nagging back pain, the experts at Ascent Physical Therapy can help. Call (970) 949-9966 today for a **free screening**, to make an appointment, or with any questions you may have.



Ascent Physical Therapy is celebrating its 5th Anniversary
We are holding an Open House on Tuesday, February 9th at 4 pm
to thank you for your continued support over the past five years.
Please stop by for some free drinks, Kirby Cosmo's BBQ, and great prizes!!!

5 Ways to Avoid Knee Pain

Knee pain is the most common musculoskeletal complaint that brings people to their doctor, and with today's increasingly active society, the number of knee problems is increasing. Fortunately knee pain can be relieved and possibly avoided with these simple steps.



1. **Strengthen your gluts** – research has shown that knee injuries, including ACL tears and ‘runners knee’ can occur when glut muscles, specifically *gluteus medius*, are weak.
2. **Maintain a healthy weight** – being overweight makes women four times more likely, and men fives time more likely to develop osteoarthritis of the knee.
3. **Stretch** – The hamstrings and hip adductors often become tight, as a result of being overworked due to weak glut muscles. This muscle imbalance can result in compressive forces on the knee joint, leading to knee pain.
4. **Strengthen your core** – a weak core can result in poor spinal alignment, which has a knock on affect to the position of your knees. Strengthening your core muscles will allow your knees to be in the best position for movement without joint compression.
5. **Pay special attention to your feet** – Foot biomechanics has a huge effect on the rest of your body, especially your knees. Being flat footed, over pronating, wearing high heels (which can cause tight calf muscles) or not changing you running shoes regularly could increase your risk of developing knee pain.

If you have problems with your knees, make an appointment at Ascent Physical Therapy today – (970) 949 9966. We can evaluate the source of your pain and develop an appropriate treatment protocol to help relieve those knee symptoms.

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 Feb 14th for your chance to win a free 30 min massage.
Q. Who will be hosting the 2014 Winter Olympics?

**UPCOMING
FREE
LASER
CLINICS!**

**JAN 26TH 2010,
4-7PM**