

August 2009



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



**CALL TODAY  
FOR A  
FREE  
INJURY  
SCREENING  
970-949-9966**

### Now Providing Onsite Massage Therapy!

We are happy to announce that Abbe Kirscher C.M.T and Mandy Wyatt L.M.T will be offering their talented and highly skilled massage therapy services at our office. Now you can enjoy a quality and relaxing massage in the same friendly familiar environment that you're used to at an affordable price.

We would like to take this opportunity to announce our June trivia winner Senta Schleder, who won a FREE massage.

Call 949-9966 to make an appointment with Abbe or Mandy!

### **Plantar Fasciitis**

Plantar fasciitis is an injury of the main ligament in the arch of your foot. The plantar fascia runs from heel to toe across the bottom of your foot and acts as the main soft tissue support of your arch.

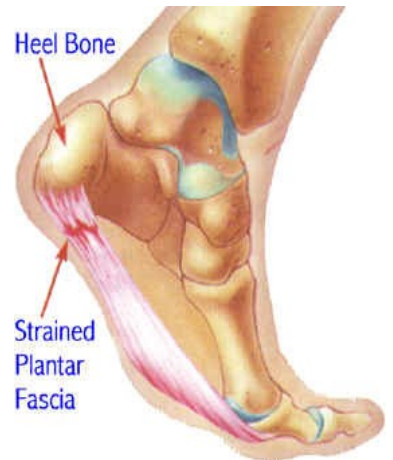
The main symptom of plantar fasciitis is heel pain. Some people will feel pain throughout the entire arch of the foot. Frequently symptoms are worst first thing in the morning or the first steps after sitting for a prolonged time. As symptoms increase any walking or weight bearing activity can become painful and debilitating.

Plantar fasciitis is usually caused by repetitive stress on the arch because of abnormal

foot mechanics.. With over pronation the foot widens and elongates excessively pulling on the plantar fascia. With a high arch or supinated foot the plantar fascia becomes shortened and tight and is susceptible to abnormal force. In both cases extra tension on the fascia can cause abnormal force where it attaches to the heel bone causing tissue damage and inflammation.

Treatment consists of two stages. The first stage is decreasing any acute inflammation. The second stage is changing the mechanics of the foot to decrease stresses on the fascia and prevent re-injury. To decrease initial pain anti-inflammatory treatments are indicated, including oral anti-

inflammatories, ice, taping, soft tissue mobilization, and physical therapy modalities such as low level laser. To improve mechanics of the foot stretching of the fascia and calf muscles are very important to reduce stress. Custom foot orthotics are also important in long term management of plantar fasciitis. Properly supporting the arch will reduce stress on the fascia, allowing it to heal and preventing future injury.



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### **FREE 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 830 Laser 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.

#### **Upcoming Free Laser Clinics**

- Aug 25, 2009 4-7 pm
- Sept 29, 2009 4-7 pm
- Oct 27, 2009 4-7 pm

For an appointment call:

**970-949-9966**

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

### **Win a Free Massage**

Take 2 apples from 3 apples. What do you have?

Call Ascent PT before 8/14/09 with the correct answer and you will be entered in a drawing to win a free massage!

**970-949-9966**

*Refer a Friend to Ascent PT and Receive a Free Massage*

## Inside Story Headline



*Caption describing picture or graphic.*

This story can fit 150-200 words.

One benefit of using your newsletter as a promotional tool is that you can reuse content from other marketing materials, such as press releases, market studies, and reports.

While your main goal of distributing a newsletter might be to sell your product or service, the key to a successful newsletter is making it useful to your readers.

A great way to add useful content to your newsletter is to develop and write your own articles, or include a calendar of upcoming events or a special offer that promotes a new product.

You can also research articles or find "filler" articles by accessing the World Wide Web. You can write about a variety of topics but try to keep your articles short.

Much of the content you put in

your newsletter can also be used for your Web site. Microsoft Publisher offers a simple way to convert your newsletter to a Web publication. So, when you're finished writing your newsletter, convert it to a Web site and post it.

## Inside Story Headline

**"To catch the reader's attention, place an interesting sentence or quote from the story here."**

This story can fit 100-150 words.

The subject matter that appears in newsletters is virtually endless. You can include stories that focus on current technologies or innovations in your field.

You may also want to note business or economic trends,

or make predictions for your customers or clients.

If the newsletter is distributed internally, you might comment upon new procedures or improvements to the business. Sales figures or earnings will show how your business is growing.

Some newsletters include a

column that is updated every issue, for instance, an advice column, a book review, a letter from the president, or an editorial. You can also profile new employees or top customers or vendors.

## Inside Story Headline



*Caption describing picture or graphic.*

This story can fit 75-125 words.

Selecting pictures or graphics is an important part of adding content to your newsletter.

Think about your article and ask yourself if the picture supports or enhances the message you're trying to convey. Avoid

selecting images that appear to be out of context.

Microsoft Publisher includes thousands of clip art images from which you can choose and import into your newsletter. There are also several tools you can use to draw shapes and symbols.

Once you have chosen an image, place it close to the article. Be sure to place the caption of the image near the image.

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**Check us out on the web at:**

**[Ascent-pt.com](http://Ascent-pt.com)**

*Ascent Physical Therapy is the Vail Valley's most innovative Physical Therapy/Sports Medicine Clinic. The staff at Ascent Physical Therapy is excited and committed to bringing you, your co-workers, clients and guests the most comprehensive techniques and programs available in both the sports and occupational medicine arenas.*

*When you are moving better and your body is stronger, you are performing better in your sport on your job or at play. Ascent Physical Therapy is here to help clients achieve their maximum performance!*

**READ INSIDE TO LEARN HOW TO RECEIVE A FREE MASSAGE!**

## Creating a Pain Free Work Place

In recent years the concept of ergonomics has become very popular in industry and the marketplace. Because of increasing musculoskeletal disorders and escalating insurance costs, businesses and individuals are becoming more aware of their daily work environments. Ergonomics literally means the science of work, trying to make a task easier to perform. Common examples of ergonomics in everyday life are adjusting a work station for comfort, knee pads for gardening, step stools for reaching, shaped skis for skiing, and properly fitting a bike. Anything which helps fit a job or task to a person can be considered ergonomic.

Ergonomics have become so prominent in recent years because of the rise in musculoskeletal injuries, especially in office jobs. When people are required to sit or stand for long hours in poor postures, pain can occur in muscles, tendons, joints, ligaments, and nerves. By using ergonomically correct work postures, workers can reduce these types of injuries and improve productivity. Some postural adjustments need special ergonomic equipment, but many can be achieved by changing your existing office space.

### Some tips for an ergonomic work space are:

1. Maintain support in your low back by adjusting your chair's backrest or using a lumbar support pillow.
2. When sitting adjust your chair so your hips and knees are at right angles and your feet are flat on the floor.
3. If you cannot comfortably reach the floor use a foot rest.
4. Have your keyboard or desk height so your hands rest with your shoulders relaxed with your arms at your side and elbows at right angles
5. Place your monitor straight in front of you, arms length away.

By using ergonomic concepts you can reduce stress on your body in the work place. A few adjustments can save a lot of pain, time and money. Many of these adjustments can be made quickly and easily and require only a little time to evaluate your work space. Similar concepts apply to your daily activities and sports, reducing pain and improving performance.

If you have questions about your work space or are having pain or fatigue while working, contact Ascent Physical Therapy at 970-949-9966.