



Ascent Physical Therapy

Work Better. Play Better. Be Better.

June 2009

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ASCENT PHYSICAL THERAPY IS THE MOST INNOVATIVE, HANDS ON PHYSICAL THERAPY/SPORTS MEDICINE CLINIC IN THE VAIL VALLEY.

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

Refer a friend to Ascent PT and you will receive a FREE 30 min massage for every referral once your referral becomes a registered patient!

CHANGE THE WAY YOU LIVE

Incontinence is an intimate issue, shared reluctantly, if at all, with others, including patients' own physicians! Incontinence generally causes embarrassment, confinement, discouragement, and it can become quite debilitating, creating a self-imposed burden on one's life. BUT, this need not be the case! *Incontinence is treatable!*

Urinary incontinence affects up to 12 million women, however very few seek treatment. Basic treatment can resolve up to 75% of urinary incontinence with 95% of women receiving treatment having significant improvement. Don't think this is only for the ladies, unfortunately approximately 17% of men experience urinary incontinence also!

Kelly Aremburg, DPT

How can physical therapy help?

Here at Ascent Physical Therapy individual, private therapy sessions focus on exercises for the pelvic floor, lifestyle adaptation and modification, education, and manual therapy, as well as the use of a home program. Treatment empowers patients to take control of their problem and overcome incontinence to achieve their personal goals and *move on...* instead of stopping for the bathroom again!

For a free consult or an appointment contact Kelly at 970-949-9966

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 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.

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

For an appointment call 949-9966!

Upcoming Free Laser Clinics

- June 30, 2009 4-7 pm
- July 28, 2009 4-7 pm
- Aug 25, 2009 4-7 pm
- Sept 29, 2009 4-7 pm



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Do you have back pain?

Neck and Back pain...most of us have experienced it through a sports injury, car accident or simply by working around the house. Studies indicate that often, the most effective treatment for neck and back pain isn't surgery, but physical therapy.



The experts at Ascent Physical Therapy work with acute and chronic neck or back pain by developing an individualized strengthening and exercise program. By working with the newest and most innovative technology available, the therapists at Ascent Physical Therapy are able to restore proper function and help in preventing recurrence of the injury.

For an appointment, free screening or questions, please call the clinic in Avon at 949-9966.

Keith McCarroll, PT
Owner of Ascent Physical Therapy

**WIN A FREE
MASSAGE!**

**I went to bed at 8 0'clock
in the evening and
wound up my clock and
set the alarm to sound at
9 0'clock in the morning.**

**How many hours sleep
would I get before being
awoken by the alarm?**

**Call Ascent PT before
6/30/09 with the correct
answer and you will be
entered in a drawing to
win a free massage!**

970-949-9966



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Located in the Lodge @ Avon Center
100 W. Beaver Creek Blvd, Suite 204
PO Box 3381
Avon, CO 81620

Phone: 970-949-9966

Fax: 970-949-9988

Website: ascent-pt.com

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