



Back pain: End it today

Back pain: A familiar feeling

You bend down to pick up something heavy and you feel your back tweak...

You over exert yourself at work or at home and are unable to move without pain the next day...

You have constant stiffness in your back, making it hard to do the activities you enjoy...

Do these scenarios sound like a scene from your everyday life?

If you suffer from back pain, you are not alone. At any point, approximately 50 percent of all working Americans admit to having back pain. Roughly 80 percent of the population will experience back pain at some point during their lifetime. This pain can range from bothersome to debilitating and can put you at risk for further injury.

Back pain: How does it start?

Back pain arises for many reasons.

Acute injury from improper lifting, muscular imbalances, sleeping at the wrong angle, having poor posture or carrying excess weight can cause a **sprain** or **strain** in one of the muscles in the back. The muscle can go into spasm following an acute injury, creating a **knot** that causes stiffness, tension and pain.

Chronic conditions such as **osteoarthritis** and **hernias** cause dete-

rioration and rupture of the disks between the vertebrae; this can cause stiffness and severe pain. In the case of a **herniated disk** (also called a **slipped disk**), the sciatic nerve can become compressed and result in an intense shooting pain in the back, glutes and leg.

Osteoporosis and **osteopenia**, conditions which decrease bone density and affect roughly 85 percent of post-menopausal women, can easily result in **compression fractures** from even routine activities.

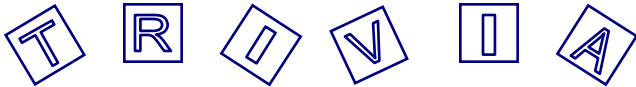
Back pain: Physical therapy can help

The good news is that physical therapy can help alleviate your back pain, whatever its cause.

After an evaluation to understand your condition, a certified physical therapist can put you on the road to recovery using a variety of therapeutic modalities and creating a personalized exercise and stretching program. Treatment will progress you through each phase of your recovery.

The therapists at Ascent PT, Keith McCarroll, PT and Kelly Aremburg, DPT are both qualified to treat your back pain. With over 15 years of experience between them, you can be assured that you will receive the best and most personal treatment available.

If you have nagging or acute pain that you would like addressed, call Ascent Physical Therapy today at (970) 949-9966 to schedule an appointment.



Q: In what month is Thanksgiving celebrated in Canada?

Call (970) 949-9966 before November 25 with your answer for a chance to win a...

FREE 30 MIN MASSAGE!



Ascent PT on the web

Ascent Physical Therapy can be found on the internet at: <http://www.ascent-pt.com>. Log onto the Ascent Physical Therapy website today to:

- Download patient forms before your first visit
- Learn more about the variety of physical therapy services we offer
- Read articles and watch videos about physical therapy treatment, exercise, and health conditions
- Read more about Ascent's physical therapists
- Find links to healthcare providers and other services in the Vail Valley

Visit [ascent-pt.com](http://www.ascent-pt.com) for your patient needs

Insurance & payment options at Ascent

Ascent PT does its best to offer options that will suit each patients' health and financial needs.

- Ascent is in-network with the majority of insurances covering Colorado residents, which means lower co-pays and co-insurance payments for you, the patient.

Ascent PT is in-network with the following insurances:

Aetna	Assurant Health	BlueCross/BlueShield
Choice Care/Plus	Cigna	Cofinity
Great-West	Humana	Medicare Part B
Pacificare	RMHP	UMR
UHC	Workers' Comp	WPS/Tricare

- If you are uninsured or have a high deductible plan, Ascent offers a number of cash pay options. Ascent PT also offers payment plans for uninsured patients on a case-by-case basis.

Cash payment options:

Flat-rate fee	\$70 at the time of service
4 visit cash package	\$250 (\$62.50 per visit)
One-time laser treatment	\$25
5 treatment last package	\$100 (\$20 per treatment)

As always, Ascent PT offers a free injury screening for first time clients. Ascent PT also holds a free laser treatment and massage clinic each month. This month's clinic will be on November 24 from 4:00-7:00. Call today at (970) 949-9966 to see how Ascent can serve you.



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

Services at Ascent PT

Ascent Physical Therapy offers a variety of physical therapy and injury prevention services.

For patients:

- Post-surgical rehabilitation programs
- Spinal injury treatment
- Orthopedic physical therapy
- Treatment of women's health issues (including pain arising from pregnancy)
- Custom foot orthotics



For the outdoor enthusiast:

- Golf performance evaluations
- Bike fit assessments
- Sports medicine services including injury treatment and fitness evaluation



For employers:

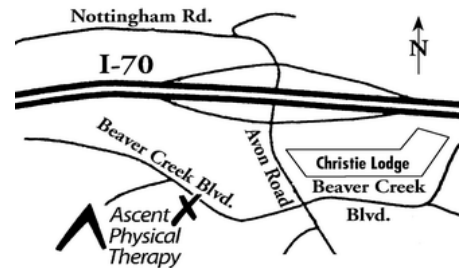
- Occupational medicine services that promote a safe and healthy workplace
- Functional capacity evaluations
- Work site ergonomic evaluations

Do you have a nagging pain or a new injury?

Call Ascent Physical therapy today at (970) 949-9966 to schedule a

free injury screening

Ascent PT is located in the Lodge @ Avon Center across the street from the post office. Find us on the second floor in suite 204.



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Work Better. Play Better. Be Better.

Phone: 970-949-9966
 Fax: 970-949-9988
 Web: ascent-pt.com

Located in The Lodge at Avon Center
 100 W. Beaver Creek Blvd, Ste 204
 PO Box 3381
 Avon, CO 81620

This month's free laser clinic:

Tuesday, Nov. 24

4:00—7:00 pm in the clinic

Call today to schedule a free

ML830 laser treatment!

FREE MASSAGE (see inside)