



APRIL 2016

Greetings!



With the arrival of April, the weather is changing, the sun is shining and the flowers are blooming, Spring is a great time to re-evaluate your health practices. Do you have time for more exercise? Is there a sport you've always wanted to try? Would an exercise device (e.g, Fitbit, etc.) be a good motivator for you? Have you had a physical in the last few years? Do you have any pain that you need to get checked? There are opportunities for better health all around you. Take the time to smell the flowers and to make wise choices about your body. Spring into better habits and enjoy the benefits!

LOOK UP!...or You May Injure Your Neck & Spine



"Text neck" is the term used to describe the neck pain and damage sustained from looking down at your cell phone, tablet, or other wireless devices too frequently and for too long.

A recent study shows that 79% of the population between the ages 18 and 44 have their cell phones with them almost all the time-with only 2 hours of their waking day spent without their cell phone on

hand.

[Read more about Text Neck and how to avoid it.](#)

TEENIE LEARNS THE HARD WAY



Teenie Pickle texts with the best of them, but looking down at her smart phone, often for hours at a time, left the 14-year-old with a pain in her neck.

"It was mostly just achy. And it made it really hard to concentrate," Teenie said.

Text neck is where the proper curve in the cervical spine actually gets reduced and can even move forward. A good curve is ideally 40 degree but her x-rays showed a different story.

PTIS is helping Teenie reverse damage that used to take decades to develop."We see tension across the shoulders, generalized neck pain, and migraines. Sometimes we even see numbness and tingling down the arms middle and high schoolers" said Robert Letendre, PT. "Kids are learning bad habits now that are setting them up to have major problems as adults," he added.

Robert and his team worked to strengthen Teenie's neck and back muscles and he said, the treatments, if done properly, can quickly counteract the symptoms of smartphone use and alleviate texting tension.

QUOTE OF THE MONTH

LAUGH AT YOUR OWN TEXTS BEFORE YOU SEND THEM...BECAUSE YOU

ARE JUST THAT DAMN FUNNY!

ANONYMOUS

STRENGTHEN YOUR NECK AND SHOULDERS

- **SIMPLE CHIN TUCK.** You don't want to tuck it down to your chest, but take your chin, and pull it backwards. You can put your finger on your chin, as a target or starting point, and then tuck it in. Hold it for about 3-5 seconds, and then relax. Do this about 3-5 times.
- **SCAPULAR SQUEEZE.** Open up the chest area with a scapular squeeze. You want to imagine that someone has their hand on your spine in the middle of your back. Squeeze your shoulder blades back towards your spine and hold, and then come back. Hold it for about 3-5 seconds, and do it about 10 times to start.
- **CHIN TUCK LYING DOWN.** Roll up a towel and put it right in the curve of your neck on the ground. Push down towards the floor. Hold that for about 3-5 seconds. Do this 3-5 times. The towel's there to give you a target, so you're pushing those muscles in towards the towel.
- **UPPER BODY LIFT.** Grab a pillow, turn over onto your stomach, and put the pillow right at your stomach and chest area. Now you are going to exercise your upper back muscles. Put your hands on your lower back. Keep your neck in a neutral position, and lift your upper body up off the floor. Hold it for about 1-2 seconds, and then come back down. Start with 10 times.

PHITNESS CALENDAR

<p>TRX CLASS Mondays @ 7:00am & 8:00am at Pearl clinic. Wednesdays @ 4:30 pm at Pearl clinic. Only 4 spots available in each class so please reserve your spot now.</p>	<p>TAI CHI CLASS Mondays @ 11:00 am at Pearl clinic Tuesdays @ 12:00 pm at Meridian clinic</p>
<p>INDIVIDUAL TRX INSTRUCTION If you would feel more comfortable with a one-on-one session, just let us know. We can do that!</p>	<p>FMS EVALUATIONS The FMS (Functional Movement Screen) looks at fundamental movements, motor control within movements, and a competence of basic movement patterns. Its job is to determine movement deficiency and uncover asymmetry.</p>

CLINIC NEWS



CONGRATULATIONS GAIL!

Gail Molloy was chosen as a speaker at the 2016 IFOMPT Conference in Scotland. The International Federation of Orthopaedic Manipulative Physical Therapists (IFOMPT) represents groups of Manipulative Physical Therapists around the world and meet only every 4 years. Gail is presenting her doctoral research on young adult and hip pain. Jordan Couchon assisted with the research and is also attending the conference in Scotland.



Staff Birthdays This Month

Robert Letendre - April 5

Debra Baker - April 27



CARMELIZED ONION, SPINACH AND GRUYERE STRATA WITH SAUTED CHERRY TOMATOES

Try something new this month and invite some friends over for brunch. You can try out [this recipe](#) and show them what a good cook you are. And maybe over brunch you can plan out some fun, healthy activities to do together.

MESSAGE FROM PTIS

We appreciate your support and business throughout the last 20+ years. We hope to keep helping you stay active for all your **WORK. SPORT. PLAY.** for another 20+ years.

Sincerely,
Gail Molloy, Beverly Parrott & Robert Letendre
and all the staff at Physical Therapy & Injury Specialists

Visit Our Website

JOIN OUR MAILING LIST



FORWARD TO A FRIEND

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