

PHYSICAL THERAPY & INJURY SPECIALISTS



Staying Active for WORK. SPORT. LIFE.

AUGUST 2018



Greetings!

What do swimming pools and braces have in common? Both are in our newsletter this month! Learn some new pool exercises and learn something about the drawbacks of orthodontics. Don't forget to watch the "Something Good". Enjoy.

10 Exercises to do in the POOL



Pool (aquatic) exercise provides many benefits, including an ideal environment to exercise throughout the year. The buoyancy of the water supports a portion of your body weight making it easier to move in the water and improve your flexibility. The water also provides resistance to movements, which helps to strengthen muscles. [Click here to read rest of article.](#)

Mom Credits PT with Relieving Daughter's Jaw Pain



On July 15, 2018, 13-year-old Sophia from Boulder, Colorado, had jaw pain so severe she could not chew food and could barely talk. If you looked directly at her, it was clear that her jaw was shifted down and to the right. Sophia is an athlete, playing competitive hockey and swimming. Her mom figured she had gotten hurt during one of her sporting activities. She called PTIS and got a same-day appointment due to the severity of the pain. Within 5 minutes, Sophia's PT had diagnosed the jaw pain as TMJ (see below) and was due to a recent tightening of her braces, not a sports-related injury. [Click here to read rest of article.](#)

6 Questions for Two of Our NEW STAFF

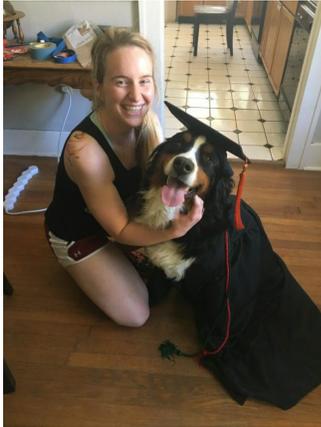
ABBY TAYLOR, PT AIDE at Maroon

1. Tell us a little about your self, where were you born and raised, if not from Colorado what brought you here, do you have brothers, sisters, pets?

I was born in Winchester, VA. I attended James Madison University and studied Health Sciences, with a concentration in Pre-PT. My favorites sports include tennis, sand volleyball and watching college Basketball (Go Hoos!). I moved to Colorado in November of 2017 to follow my husband's career as a



Sports Performance Coach. I have 2 sisters and one brother and I am the youngest in the family. My husband, Michael, and I have 2 super cute and goofy cats, Meiko and Dasha. [To read more about Abby, click here.](#)



MORGAN D'ARCY, PT AIDE at Pearl Street

1. Tell us a little about yourself, where were you born and raised, if not from Colorado what brought you her, do you have brothers, sisters, pets? I was born and raised outside of Parker, CO. I spent my childhood roaming the woods, catching snakes, and jumping off of things I probably should not have been jumping off of. I'm a triplet, and I have one brother and one sister. My brother goes to Savannah School of Art and Design and my sister goes to Robert Morris University in Pittsburgh. No, we are not identical, nor are we very similar. We are so different from each other that some people think we are lying to them when we tell them we are triplets. Right now I have a Bernese Mountain Dog named Leo and a cat named Finn. [To read more about Morgan, click here.](#)

QUOTE OF THE MONTH

Life is too short to be serious all the time.
If you can't laugh at yourself,
call me, I'll laugh at you.
unknown

CLINIC NEWS



Staff Birthdays This Month

Nora Molloy - August 5
Mark Andersen-Nissen - August 22

And I forgot to add Jordan last month for July 25. Happy Late bday!

PHIT IN THE KITCHEN - SUMMER GARDEN PASTA



Light and easy. What is better than that during the summer.

Click here to [try me.](#)

PHITNESS CALENDAR

TAI CHI CLASS

Tai Chi class is returning to Pearl Street! Heather Lee will be teaching the class on Mondays starting September 11th from 11:00-12:00. \$15 per person per class. Sign up early to ensure you get your spot!

INDIVIDUAL TRX INSTRUCTION

If you would feel more comfortable with a one-on-one session, just let us know. We can do that!

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.

GOLF READINESS

With a thorough evaluation of your strength, range of motion, and posture, we can tailor an individual exercise routine specific to your needs by identifying areas that may lead to injury, and strengthening areas that will add power to your game.

SOMETHING GOOD - 361 GOLDEN RETRIEVERS!



MESSAGE FROM GAIL, BEV AND BOB

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

JOIN OUR MAILING LIST



FORWARD TO A FRIEND

Physical Therapy & Injury Specialists

303-757-1554 | newsletter@denverptis.com | www.denverptis.com