

PHYSICAL THERAPY & INJURY SPECIALISTS

Staying Active for WORK. SPORT. LIFE.

OCTOBER 2018



Greetings!

It's October and officially FALL (or Autumn if that's how you roll). It's not so hot out anymore so it's the perfect time to pick up a walking habit or to up your time/effort on your current habit. Check out this month's newsletter to learn to walk right (you may be doing it wrong) and issues to watch out for. We still have "Something Good" and "Staff Picks". Enjoy!

WALK RIGHT INTO FALL



You learned to walk as a toddler and you think you have it mastered since you walk everyday, BUT did you know that most people don't walk with proper alignment? Due to the change of work culture over time, many people sit most of their day. From all of the sitting, our hips flexors are tight so we walk with our hips flexed, our back arched, and our bum behind us.

And since the age of cell phones, we're always looking down at our most recent text or Tweet which causes the body to hunch forward. The end result is that you are increasing your aging. In fact, bending over to browse your Facebook feed causes your head to exert about six times its normal force on your neck, which can lead to early wear and tear, reports the journal Neuro and Spine Surgery.

So how do you walk properly? To read rest of article, [click here.](#)

TIPS TO PREVENT WALKING PAIN AND INJURIES



Fitness image created by
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Walking is a great way to lose weight, but you may encounter issues. Follow these tips for avoiding aches and pains. Each of the issues below is described including the causes, prevention and treatment.

- Shin Splints
- Knee Pain
- Stress Fractures
- Blisters, Calluses, and Corns
- Toenail Problems
- Plantar Fasciitis
- Muscle Cramps
- Sprained Ankle
- Achilles Tendinitis
- Lower Back Pain

12 WEEK GUIDE TO HEALTHY WALKING



[Use this chart to get started on your walking habit.](#)

QUOTE OF THE MONTH

MY BIGGEST FEAR ABOUT BECOMING A ZOMBIE IS ALL THE WALKING I'D HAVE TO DO.

unknown

CLINIC NEWS

Staff Birthdays This Month



Stella Agnes - October 11

Gail Molloy - October 17

Josh Orton - October 28

PHIT IN THE KITCHEN - ROASTED CAULIFLOWER LINGUINE WITH RICOTTA & DILL



Cauliflower seems to be the newest vegetable to make a breakout of its old use. Roasting it (don't even bother coring or removing the leaves) gives a sweet creaminess. The key here is to chop the cauliflower quite small to get more of those crispy charred bits.

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 10th 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



She went from a champion to being unable to walk - then returned to shatter a national record

To read more, [click here.](#)

STAFF PICKS



SERIAL

Brenda de St. Simon: Brenda's "staff pick" for this month is the Serial podcast. Season 3 just started and it's great. If you have not listened to Season 1 or 2, start there and keep going!



image from www.denver.org

Gail Molloy: Gail's "staff pick" for this month is taking time to look at the changing colors of Colorado.

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
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