

PHYSICAL THERAPY & INJURY SPECIALISTS

Staying Active for WORK. SPORT. LIFE.

SEPTEMBER 2018



Greetings!

It's September and we are on our way to Fall. And speaking of Fall, Did you know the deaths related to falls are rising? Check out this month's newsletter to learn about falls and physical therapy for weight loss. We still have "Something Good" and we have added "Staff Picks". Enjoy!

Death Rate Related to Falls Climbs 31% in 10 Years



For US residents, ages 65 and older, the rate of deaths related to falls steadily increased by 31% from 2007 through 2016, making falls the leading cause of injury-related deaths in this age group. For those aged 85 and older, the rate rose the most dramatically—from 9,188 deaths in 2007 to 16,454 deaths in 2016. And men had higher rates of falls-related deaths than did women with 73.2 per 100,000 men compared with 54 per 100,000 women.

To read rest of article, [click here](#).

Man Who Lost 300 Pounds Credits Physical Therapist With Transforming His Life



In September 2012 Scott was suffering from side effects of lymphedema. He was 50-years-old, 520 pounds, and depressed.

"I had chronic venous wounds on my legs and went back and forth to wound clinics for 2 years," Scott said. At his physician's urging, he begrudgingly started physical therapy, where he met his physical therapist and set a new course to change his life.

Right off the bat his physical therapist made it clear that she could help him BUT that physical therapy is a two-way street and he would have responsibility in his recovery. "That was the first thing I liked about her," said Scott. For 3 months, his wounds were treated with lymphatic massage therapy and compression wraps.

Meanwhile, Scott held up his end of the bargain by attending physical therapy consistently twice a week, and explicitly following his PT's instructions for tending to his compression wraps.

The venous wounds got Scott into physical therapy, but before he was through, his PT encouraged him to live a healthier lifestyle. Once again, Scott responded, losing 80 pounds. Gastric bypass surgery followed, and Scott eventually lost more than 300 pounds.

As of 2015, Scott weighed just over 200 pounds and was competing in CrossFit Games, a huge change from where he was 3 years prior. "My physical therapist always told me there's no finish line, it's a journey," Scott said. "She was always the one who said 'you CAN' rather than 'you CANT'."

"Physical therapy seems more like a partnership-working together toward a specific goal. You develop a rapport with a PT that you don't get with a physician. People think that physical therapy is just about the pain of rehabilitation, but it's not. It's about getting better."

6 Questions for Heather Lee



1. Tell us what you have been doing since leaving PTIS and why the return?

I worked the past 5 years for Infinity Rehab which is a contract company that contracts with long term care/rehab/Assisted Living and Independent living communities. I worked in a variety of locations including being the Director of Rehabilitation at one location for 2 years. Our contract was coming to a close at the building I was at and I decided it was time to return to PTIS! I am grateful they welcomed me back with open arms!

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

QUOTE OF THE MONTH

The problem with dancing naked is that not everything stops when the music does.

unknown

CLINIC NEWS

Staff Birthdays This Month



Abby Taylor - September 10
Wendy Hildreth - September 16
Brenda de St. Simon - September 28

PHIT IN THE KITCHEN - Blueberry Buckle Coffee Cake



This recipe has been a classic for years: moist, easy to make, and liberally studded with juicy berries. It's the perfect way to make use of your berry-picking bounty, but it can be made at any time of year with frozen berries if you just can't wait for a forkful of summer.

Click here to [try me.](#)

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!

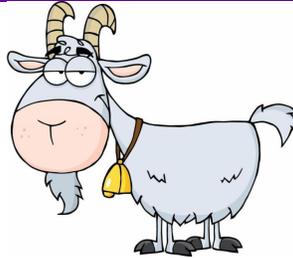
FMS EVALUATIONS

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 strengthening areas that will add power to your game.

SOMETHING GOOD - GOATS LIKE TO SEE HUMANS SMILE



Step aside, dogs - goats may be man's new best friend, according to a heartwarming new study.

A research team from the Royal Society Open Science has found that goats can recognize human emotions in facial recognition tests - and they consistently prefer happy faces to sad ones. To read more, [click here](#).

STAFF PICKS



Joe McCaleb: Joe's "staff pick" for this month is the Mopars & More Beach Bash in Florida in October to benefit Santa Rosa Kid's House. If you go, say hi to Joe.



Brenda de St. Simon: Brenda's "staff pick" for this month is the podcast about horseshoe crabs and how their blue blood has helped save humans. To listen, [click here](#) and then choose LISTEN on the top left under the title.

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