

THIS WINTER...  
**STAY ACTIVE!**  
**BE SAFE!**



*And maybe leave the ice swimming to others.*

**ALSO INSIDE**

- 5 HEALTH TIPS FOR THE HOLIDAY SEASON
- PATIENT SUCCESS



# THIS WINTER... **STAY ACTIVE! BE SAFE!**

**Brrr, it's cold out there!** With winter and icy weather comes safety risks, such as getting injured from a strain while shoveling (or slipping on ice as you walk in a parking lot!)

Having your balance assessed this season could help you to avoid fall-related injuries. Give The Fitness Lab a call today to schedule an appointment, so we can help you feel steady on your feet!

Our therapists are the balance experts in the field and want to make sure our patients lower their fall risk as much as possible.

### Staying Safe And Active In Winter

Between the limited daylight hours, chilly temperatures, and occasionally icy conditions outside, staying safe and healthy can be challenging. Anything you can do to keep active during the winter months is a step in the right direction!

Ice and snow are the biggest threats that winter poses, especially to older patients! Slipping on ice can result in nasty, painful falls. However, with preparation and planning, you can stay safe and active in the winter months. This may sometimes feel difficult to accomplish due to injuries and inclement weather, but knowing the proper steps to take can help you keep doing the things you enjoy no matter the conditions outside.

The most common injuries related to cold weather happen from falls on icy sidewalks, steps, driveways, and porches. Ideally, you will stay off the ice when possible. Walking on ice is extremely dangerous, regardless of how good your balance is. Do your best to keep your steps and walkways free of ice with sand, salt, or cat litter.

If you plan to run or walk on snowy, icy surfaces, attaching snow or ice spikes to your boots or running shoes will help you maintain traction to reduce the risk of falls. Be careful with wearing spikes on the pavement as they are designed to penetrate the ground and affect your balance.



### How Can A Balance Expert Help Me Reduce My Fall Risk?

The physical therapists at The Fitness Lab are balance experts who can help you improve your balance and fight back against the risk of falling this winter.

Your therapist will perform a thorough physical examination to identify the source of your pain and/or injuries if they are present. Your mobility, strength, balance, and gait will be assessed as well to determine your fall risk. This information will help us create a program including targeted manual techniques, mobility work, strengthening, and any appropriate balance and gait techniques that can help keep you upright and on your feet this season!

### What Should I Expect During Therapy?

The first thing you should know about therapy for balance is that this kind of therapy is not a "one size fits all" approach. Your program will be specific to your needs and wants and fit into your lifestyle.

*Continued inside.*

# THIS WINTER... STAY ACTIVE! BE SAFE!

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Some of the interventions you can expect to experience at The Fitness Lab are:

**Strengthening exercises:** These exercises will address muscle weakness which is often a primary contributing factor to poor balance and falls during winter weather. With strength and balance training, patients are better equipped to recover from unexpected lapses in gait or a momentary loss of balance to prevent falls.

**Gait training:** Gait training will include activities to improve gait mechanics and increase your confidence and safety in navigating across different terrains (icy sidewalks, porches, parking lots) and around various obstacles, such as snow. Our physical therapists will also evaluate the need for an assistive device or perhaps adjust the device you are currently using.

**Static and dynamic balance training:** This kind of training will be incorporated into your physical therapy treatment to help your body learn how to better respond to environmental challenges to their balance. For example, you may be asked to stand on one leg while performing a mentally-challenging task, such as reciting the alphabet or reading a paragraph of text out loud. Our physical therapists will also teach you balance strategies to help mitigate fall risk.

**Endurance training** may improve muscle endurance and improve aerobic capacity for activity. Both will reduce fatigue as a risk factor for falls when walking or completing daily tasks.

## Contact Us Today For A Balance Assessment

The Fitness Lab wants our patients to feel safe and confident in their mobility and balance. Winter can be a difficult time for those with compromised balancing abilities; however, with the help of a physical therapist at our clinic, it doesn't have to be.

**Call us today to have your balance assessed this snowy season. We can determine if you are at risk for falls, show you how to prevent them, and address any pain or discomfort you may be having. The wellbeing of our patients is important to us, no matter what season we're in!**



## There's no way around it: health insurance benefits can be absolutely mind-boggling.

Time after time, we've seen patients come through our doors with their insurance cards in one hand and their cell phones in the other as they call their insurance companies in an attempt to figure out what they need to pay for their treatment.

Now that the end of the year is getting closer, many patients have met their insurance deductibles. If this is you, this means your physical therapy treatment could cost you absolutely nothing!

Patients with family plans or those who have had major surgeries or chronic illnesses are especially likely to have a \$0 balance remaining on their out-of-pocket expenses. **This means that the cost of treatment at The Fitness Lab could be minimal or entirely covered by your insurance plan!**

You should be enjoying time spent with your family this fall instead of stressing about insurance and whether or not you can afford treatment.

If you've met your insurance deductible for the year, it's a good idea to visit The Fitness Lab for treatment. We specialize in treating a variety of acute and chronic pain conditions and injuries and hold ourselves to high standards regarding our treatment methods and techniques.

**Are you in need of physical therapy? Check in on your insurance deductibles and visit our clinic today. We'll guide you through safe and affordable physical therapy treatment this fall!**



TO MAKE AN APPOINTMENT,  
CONTACT US TODAY AT

**303.800.2829**

## GIVE US A SHOUTOUT!

We want to hear your success story! Use the links below to tell your PT story and leave your review. We look forward to hearing from you!

HIGHLANDS RANCH



GREENWOOD VILLAGE



GET CONNECTED!

FOLLOW US!

# 5 Health Tips For The Holiday Season

The holidays can be one of the most challenging times of the year for those who are trying to maintain a healthy lifestyle. It is a time for family and friends, for good food and decadent desserts. But it doesn't have to be! Here are five tips to help you stay healthy during the holidays.

- 1. Shop Well For Yourself:** It is more important than ever to stock your kitchen with healthy foods. Have healthy snacks handy. The more convenient they are, the more likely you are to eat them. Instead of thinking about what you shouldn't eat, promise to eat your 3 to 5 servings of vegetables each day.
- 2. Schedule Your Exercise:** Your schedule will be very hectic this holiday season. Schedule your workouts just as you would any other appointment. It's ok if you can't make it to class, but make sure that you get some activity in at least three days per week.
- 3. Just Say No:** You probably aren't aware how much extra food you consume just from people offering it to you. A sample at the market here, an extra cookie at an office party there and it all adds up. Just think twice before you take that food and decide if you really want it.
- 4. Skip the Baking:** Do you make baked goods for giving? Chances are you eat much of what you bake. Who wouldn't? Instead make non-food gifts, or prepare ingredients for baked goods and put them in pretty jars — let your gift recipient bake it up. That way, they can eat it when they want it and you don't have to be tempted in the kitchen.
- 5. Hydrate:** Keep your water bottle with you at all times. You should be drinking eight, 8-oz glasses of water each day. One handy trick is to buy a 64 ounce water jug. Fill it up in the morning and know that you need to finish it by the end of the day.



REQUEST AN APPOINTMENT

## ⚡ **PATIENT SUCCESS**

Some of our latest 5-Star Google Reviews

**“The therapist is a good listener. Good selection of challenging exercises for strength, mobility, and balance.”**

—Leslie H.

**“John is great! He is very knowledgeable and I am incredibly happy with the progress I have made with his help.”**

—Brittany C.

**“Dude has been great for PT.”**

—Meipuru

*Thank you!*

## INVEST IN YOURSELF

**If you are in pain or have suffered an injury, don't put it off, take care of it. Waiting may make it worse and lead to surgery and medications.**

**Call the FitnessLab for a complimentary injury consultation. We will guide you so you can get back to the activities you love. And most likely save you some money in the process. No Referral Required!**

**Get Started Today — Call**

**303.800.2829**