

RESOLVE YOUR INJURIES & PREVENT FUTURE INJURIES FROM HAPPENING WITH PHYSICAL THERAPY!



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- PATIENT SUCCESS



PREVENT INJURIES WITH PHYSICAL THERAPY!

Do you have persistent pain you're trying to get rid of?

Do you wonder what you can do to prevent injuries?

At The Fitness Lab, our skilled therapists can perform an injury assessment to help identify the steps you need to take to resolve your aches and pains now and, more importantly, prevent injuries in the future!

We understand that many people simply don't know if they feel normal. Too often, people take a "wait and see" approach rather than address their concerns head-on.

People are worried they will have to keep coming back to physical therapy, but your program can be a "one and done" deal when you come in for an injury screening. At The Fitness Lab, we can determine if your condition requires more intense therapy or should be done independently at home.

How Can I Prevent An Injury?

At The Fitness Lab, we offer injury screenings to help determine if you need physical therapy to resolve your pain and identify your likelihood of experiencing an injury in the future. Your body tells you what it can and cannot do in subtle ways, and we can help figure out what it is trying to communicate to you!

We will analyze how your body moves and perform a physical assessment of your soft tissue and joints to understand better why you are hurting. This information can help identify mobility deficits and weaknesses that make you more susceptible to injuries.

This assessment can include more activity-based analysis like watching how you squat and jump or performing a gait and balance analysis. We are on the lookout for abnormalities during the screening, whether in wobbly landing positions, weaknesses, loss of motion, or general issues with posture and techniques.

Our comprehensive assessment helps determine if you have an injury that's causing your pain. We can also assess if you are compensating due to an underlying issue that is causing the pain. We will also take note of any painful areas and focus closely on those to get to the root of the problem.

After your initial screening, your physical therapist will develop a plan to help significantly lower your risk of future injury. This may include manual therapy, technique and form assistance, therapeutic exercise, or any of our additional services that your physical therapist sees fit. They may also send you home with some helpful tips and practices that you can do on your own to help prevent your risk of future injury.

Give us a call today to hear more about our injury prevention services and how we can make sure your treatment with us will be what you need to get back in the game and prevent future problems.

303.800.2829



3 SIMPLE WAYS TO...

PREVENT INJURIES

If you've suffered from pain and injury in the past, and you want to figure out how to stop them in the future, schedule a consultation with one of our physical therapists today. We will educate you about what your body is telling us and what you can do to reduce your injury risks. Some of the most important steps you can take include the following:



1. Proper Sleep: Sleep is the most effective strategy that everyone can do to reduce their risk of injuries. Research has shown that people sleeping less than 6 hours a night are more likely to injure themselves. In comparison, sleeping 8-10 hours per night has the most significant effect on injury prevention.



2. Strength Training: Building strength has been shown to reduce injuries to muscles, tendons, and joints. Strengthening is one of the most effective strategies you can do to help stay injury-free.



3. Nutrition Matters: A scientifically-backed approach, like the Mediterranean Diet, helps provide the nutrition you need to recover from injury and reduce the risk of future injuries. Processed foods, foods high in sugar and fat, limit your body's ability to heal and perform at a high level.

Surprisingly, multiple research studies have concluded that stretching and flexibility are ineffective for injury prevention. The tightness you feel may indicate weaknesses or joint restrictions and not be related to the flexibility of your tissue. Stretching can feel good, and people like to do it, but other proven methods are more valuable than preventing injuries.

Call Today To Schedule An Appointment

At The Fitness Lab, our team of physical therapists is experts at treating injuries and preventing future injuries. We have proven success with treating people of all skill levels.

**Call today to schedule an appointment
with one of our specialists!**

[REQUEST AN APPOINTMENT](#)

No Bake Chocolate Peanut Butter Energy Balls



Source: www.joyfulhealthyeats.com/no-bake-chocolate-peanut-butter-energy-balls/

NUTRITIOUS RECIPE

Ingredients

- 2 cups of old-fashioned rolled oats
- ½ cup of ground flax seed
- 1 tablespoon of black chia seeds
- 1 teaspoon of cinnamon

Directions

Add rolled oats, ground flax seed, chia seeds, cinnamon, honey, peanut butter, vanilla extract, and vanilla protein powder to food processor. Pulse until ingredients are blended (about 7-9 times). Add mixture to a large bowl, add in chocolate chips. Stir to combine. Form energy bite mixture into 1" balls and place on parchment paper lined baking sheet. Cover and place in refrigerator for 2 hours. Serve!

- ½ cup of raw honey
- ½ cup of peanut butter
- 1 teaspoon of vanilla extract
- 1 scoop vanilla whey protein powder
- ½ cup of dark chocolate chips

4 Tips to Improve YOUR SLEEP

It can seem difficult to feel as if you are in control of your own sleeping schedule and patterns when you are suffering from chronic pain. People who are diagnosed with sleeping disorders tend to worry more about how their lack of sleep will impact their health, thus creating more toxic stress. They may also exhibit greater sleep sensitivity, making it easier for them to wake up to small environmental changes while they are sleeping (such as a creaky floorboard or a shift in sleep position.) However, there are some steps you can take to make sleeping as comfortable as possible for you and try to make up some of the sleep debt you experience each night.

The environment in which you sleep is one of the most important factors in creating a good night's sleep. This includes:

- 1. Noise.** If you experience sleep sensitivity, it is important to make sure that any unexpected noises are limited in your bedroom. Sleeping with a white noise machine or fan can help eliminate any additional environmental noises that may wake you up in the middle of the night.
- 2. Light.** If your room lets in excessive amounts of light in the morning, it may be beneficial to invest in some blackout curtains. Keeping your room dark will help you stay asleep through the night, even as the sun is rising. It is a great way to gain as much sleep as you can before your alarm goes off in the morning.

- 3. Temperature.** Have you ever woken up sweating, only to throw the blankets off and wake up freezing a couple hours later? The temperature in which you keep your bedroom has a large effect on your sleep. Your body temperature naturally decreases as a way to initiate sleep, so keeping a cooler bedroom can help facilitate your slumber. According to The National Sleep Foundation, the optimum bedroom temperature for a good night's sleep should be between 60-67 degrees Fahrenheit. If you feel cold, wearing socks or keeping a hot water bottle by your feet can help dilate blood vessels and increase your internal thermostat.

- 4. Mattress.** It may come as no surprise that what you actually sleep on also has a profound effect on the way you sleep. According to Tuck Sleep, mattresses with mid-level firmness ratings (4-6 out of 10) tend to help the most with alleviating pain, as they provide a balance between comfort and support. Mattresses that are too soft or too firm can actually increase pain levels during sleep, as they can create more pressure and target certain pain points.

Sleep is an essential part of daily function, and you shouldn't let your pain rob you from it! If you are experiencing sleep deprivation due to your chronic pain, contact The Fitness Lab today. We'll provide you with helpful tips for gaining sleep and improving your daily life, free from pain and exhaustion.



HEALTH PATIENT SUCCESS

5-Star Google Review

"Matt Oster is amazing."

"Matt Oster is amazing. His knowledge of the muscular system and the cause and effect of pain has drastically improved my life. I came to Matt after two chiropractors and an MRI couldn't explain or improve the debilitating pain I was in. He has been able to guide the rehabilitation of my back and shoulder problems through movement exercises and soft tissue therapy." – **Rebecca M.**

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!

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!



REQUEST AN APPOINTMENT

Get Started Today — Call
303.800.2829