

ACCELERATE

PHYSICAL THERAPY, PC



Paul O'Brian, PT, CSCS
Owner and President
27 years of Experience

Kass Hutchinson, PT, CSCS
Clinical Director
18 years of Experience



Heather Shanahan, PT, DPT
Staff Physical Therapist
Regis-University DPT Graduate

Robert Schultz, PTA, ATC
Staff Physical Therapist Assistant
18 years of Experience



We should be grateful for the instincts that we were born with. For the most of us, we are fortunate to have the ability of taking that crucial first step around 11-14 months old. Yes, crawling comes before, but accomplishing the skill to walk, that is one of our immeasurable gifts in life.

It is second nature for the most of us, yet walking is taken for granted. With such simplicity, walking takes us from one destination to another and can be an adventure in itself. Walking requires no special skills, no extra equipment and the experience can be as varied as the weather conditions.

People are almost dumb-founded to hear the actual benefits of walking daily, for a short 40 minute period. We've all heard the statement that "time is money," but where does our own health factor into our busy lives and budgets?

- Walking is Exercise! Just Simple Exercise!
- Walking, a painless activity burns more calories than you think.
- Reduces Cholesterol! Walking can slowly reduce your cholesterol levels.
- Walking can lower your risk of high blood pressure and reduce your chance of a heart attack.
- While calories burn, your waist will begin to slim and your body muscles will gradually tone.
- Surprisingly, walking will relieve your

Mastering the Art of Walking

Contributed by Paul O'Brian, PT, CSCS

appetite.

- A 40-minute morning walk, almost daily, can elevate your daily energy levels and stamina.
- For patients who suffer from osteoporosis (a disease where bones lose density), walking can slow down the disease process.



- We all live stressful lives. Walking can help relieve mental stress and physical tension.
- Walking on dirt trails or asphalt is softer than concrete or sidewalks.

Walking can be Shared

Of course it is great to have your daily walk by yourself, its gratifying and calming. However, take your dog(s), spouse and kids on a walk through the neighborhood, around a local lake can be as pleasing.

We never suggest walking in poor conditions, when the temperature is bitter cold, when pavement is icy, or when the sun beats down on you making it uncomfortable or unsafe for you to walk.

The time that is spent walking provides time for thought, while exercising. In the end, its win-win for all who develop the Art of Walking.

See page 2 for information about the value of Arch-supports in your shoes.

Any Questions?

Don't hesitate, call us and we'll kindly oblige to any questions or concerns.

Anne, Office Manger and Medical Records
Feel free to call for appointments, insurance questions or any concerns that you have.
303-421-2210

Caryn, Billing Manager
Contact for any billing questions or insurance policy concerns.
303-657-2449

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www.acceleratept.com

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Updated March 2010

Arch Support Epidemic!

Contributed By Paul O'Brian, PT, CSCS

Because of the tendency of most individuals to collapse in our shoes, we commonly advise our clients and our athletes we coach and sponsor to wear supplemental arch supports in their shoes, slippers, athletic footwear, training shoes and cleats. Orthotics, or at least foam arch supports have been repeatedly effective in curing pain and mechanical dysfunction. Arch supports correct:

- Flat feet
- Q angles at the knee (valgus)
- Foot pronation
- Uneven hips (pelvic obliquity)
- Ankle eversion
- Lumbar scoliosis
- Foot pain
- Leg and back pain

Mechanically adding height to the navicular bone at the medial arch changes the functional position of the foot, knee and hip, and dramatically prevents many common problems. Gradually, as the body adjusts to corrective changes, stresses change and any resultant pain subsides. The problem will continue or return if left uncorrected.

Wear arch supports if you are standing, exercising, shopping, working and always at home. A number of products are available in stores near you. Go to our website for links to information about invaluable and inexpensive arch supports, which are available at a variety of stores near you.

Mentor and Head Coach, Paul O'Brian, PT, CSCS leads High School Rugby Team into Promising 7th season.

In 2004, the opportunity to coach a familiar sport presented itself and Paul O'Brian founded Tigers Rugby Football Club for high school students. Initially designed as an off-season training program for football and soccer players, now Tigers Rugby is in its 7th season.

Paul applied his career experience to high school athletes also playing sports such as football, soccer, basketball and wrestling.

Essentially his philosophy was to advance their strength and conditioning, and take ideas from rugby to cross train them for their fall or winter sports. Soon Tigers Rugby was on the

map and football, soccer and basketball coaches picked up on how their student-athletes advanced after their season with Tigers Rugby, and Paul O'Brian.

sport of rugby.

After his sixth season, Paul has never been more in love with the sport and teaching student-athletes of all sizes and shapes. He has taken

some of the smallest athletes and turned them into the quickest and strongest team players, the same is true for over-sized athletes. Paul played rugby for 16 years in West Virginia, North Carolina and Denver.

Paul promotes the value of Rugby as an off-season training program, that is even endorsed by local high school football, soccer and wrestling coaches.



www.TigersRugby.com

(64th Avenue and Simms Street)

11651 West 64th Avenue, Unit A-5

Arvada, CO 80004

Phone (303) 421-2210 | Fax: (303) 421-2473

www.acceleratept.com