



CHERRY CREEK WELLNESS CENTER, INC.

NEWSLETTER

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Health Benefits of Serrano Peppers

Capsaicin is the main active ingredient in hot peppers. It contains health and healing compounds that are used both internally (supplements) and as topical creams for pain relief. Capsaicin is known to help with digestion, lowering cholesterol, headaches, pain associated with arthritis and diabetic neuropathy. For more benefits and information visit: www.livestrong.com.

Enjoy the healthy Serrano pepper hummus below!

Remember:

Drop-in Appointments Available

Cherry Creek Wellness Center offers same-day visits at four of our metro-Denver locations - Cherry Creek, Stapleton, Wheat Ridge and Lone Tree. A 15-min. consultation with a therapist costs only \$30. Call to check for an opening and then stop by if you need a refresher on your prescribed rehab-ilitation exercises, want advice from a professional physical therapist or have exhausted your PT insurance benefits.

Call **303.333.3493**, and specify the clinic you want to visit.



Find us on Facebook

CCWC is on Facebook. Visit our page and/or post comments, see candid photos of our staff and find a good deal on our services. You don't need to send us a "friend" request -- our Facebook page is open to everyone.

President's Message



I am sure most of you have been watching the news and reading the newspapers about all the proposed changes in health care and the out-of-control costs associated with our current system.

Experts predict that Medicare will run out of money in 2018 because expenditures for the large numbers of baby boomers retiring will vastly outpace the contributions going into the system. One comment that keeps coming up in the debate is that we can no longer afford this "entitlement" program.

I don't disagree with that we can no longer afford Medicare as is, but I take great exception to calling it an entitlement program. Every one of you who has ever worked has paid into this system on every paycheck you

received. Your employer matched that contribution. We, as citizens, have paid into Medicare, and therefore it is not an entitlement but rather an insurance benefit. Additionally, once you start using Medicare you still have to pay a monthly premium.

Few would argue that we can't afford Medicare in its current state. I encourage all of you to educate yourselves about the Medicare debate and get politically active. While Medicare requires a significant overhaul if it is to survive, we all have to get involved in the debate to make sure that special-interest groups don't strip away what we have all worked hard to pay for over the years. Regardless of your view on how to solve the Medicare crisis, let your voice be heard. Become part of the solution. Our representatives in Congress listen to the phone calls and e-mails they receive from constituents.

R. Dean Hasse, PT, ANMT
President, CCWC

Is Your Psoas (so-as) Sassy (sas-ee)?

If there is one muscle to be kind to...it would be this one!!

Location: The psoas muscle attaches along the lumbar (lower) spine, travels through the pelvic area and inserts on the lesser trochanter of the femur (upper inner thigh). It sits behind the abdominal muscles and links the spine to the legs.

Function: The psoas muscle is responsible for maintaining the strength and integrity of the hips, lumbar spine, pelvis and legs. It enables you to walk, run and climb stairs by lifting your thigh towards your chest. The psoas works with other muscles to support your upright position and stabilize your spine.

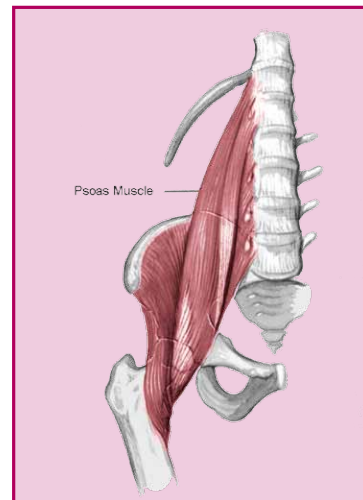


Diagram of Psoas muscle

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Physical Therapy for Women's & Men's Health

Women's health physical therapy addresses a variety of conditions of the pelvic area - in men as well as women. Patients suffering pain or dysfunction associated with the pelvic floor musculature are generally referred to specially trained physical therapists by obstetricians, gynecologists, urogynecologists, gastroenterologists, urologists or primary care physicians.

Women's health physical therapists work with patients to overcome pain, regain bowel and/or bladder function, return to sexual function and resume an active and healthy lifestyle.

CCWC has women's health physical therapists in the Denver and Stapleton clinics who treat:

- Pelvic pain
- Urinary incontinence
- Bowel incontinence or constipation
- Pain and dysfunction associated with pregnancy, both before and after, including: hip and back pain
- Pain with sexual intercourse
- Sagging or prolapsed pelvic organs
- Abdominal pain associated with pelvic or abdominal surgery
- Shoulder pain due to mastectomy
- Testicular or penile pain

More Helpful Resources for Women's Health: On the web

- How PT helps with urological & colorectal conditions
- PT for tailbone pain
- PT for men's health
- Biofeedback to change in muscle patterns
- Visceral and scar tissue mobilization

For more information on these topics visit:
www.CherryCreekWellnessCenter.com
 Click on the Patient Information tab on the right

Is your Psoas (so-as) Sassy (sas-ee)? *(continued)*

Symptoms of a Sassy Psoas:

- Lingering low back pain
- Hip pain/stiffness
- Groin/thigh pain
- Clicking or snapping in the hip region
- Chronic quadricep strain
- Poor core strength
- Deep abdominal discomfort
- Difficulty standing up straight
- Difficulty rising from a seated position

Prolonged sitting on your bike, in your car or at your desk contributes to a shortened psoas. You are constantly using this muscle. As you sit and hopefully read this newsletter, your psoas muscle is tightening. Overtime, the muscle will adapt to a shortened/weakened state and can easily

As you sit and read this newsletter, your Psoas muscle is tightening.

disrupt the beautiful balance in your lumbar/hip area.

Once this tightness occurs, you may begin to notice a variation of the above mentioned symptoms.

Whether you are a cyclist training for the triple bypass or someone who enjoys strolls in the park, never underestimate this feisty, powerful and full of spirit muscle. Yoga stretches, Pilates exercises and massage therapy are all wonderful ways to keep this muscle out of trouble.

~ Jess Henry

References: psoasbodywork.com,
livestrong.com

Live by Living Non-Profit Organization



Live by Living is a non-profit organization that provides a variety of outdoor trips for cancer survivors and their caregivers. Live by Living offers free day hikes, as

well as snowshoeing and cross-country skiing day trips during the winter months. Live By Living also offers raft trips and cancer survivor/caregiver weekend retreats.

You do not have to be Lance Armstrong to enjoy the trips - we offer easy, moderate, and more difficult outings. We will work with you to identify the trip that is right for you, and can answer questions about training and equipment.

Live By Living events combine the benefits of exercise, the solace of nature, and the camaraderie of shared experience to help you regain your bearings, refresh your spirit, and restore your vitality.

Most of our day hikes and snowshoe/ski trips are held on Saturday or Sunday mornings in the foothills west of Denver or Boulder. You can see the trip schedule and sign up on our website at www.livebyliving.org.

Our cancer survivor retreats are 3-day, 2-night trips to cozy cabins maintained by the Tenth Mountain Division Hut Association and the Summit Huts Association. You can read about the huts at www.huts.org.

These trips are vehicle-supported, so you don't

Stapleton clinic moves to a new spacious space!

The CCWC Stapleton clinic has moved to a more spacious location at 3401 Quebec St., Suite 3100. It's the same building at 35th and Quebec, but a new suite. We now have 2,000 square feet of updated space containing three treatment rooms, a large gym and mountain views throughout. In addition to physical therapy we offer massage therapy and Pilates classes. Come by for a visit!

need to carry a heavy pack. On survivor retreats, our volunteers will cook for you while you relax. In addition to being surrounded by Colorado's majestic mountains, we offer healing activities on the survivor retreats, such as learning Qigong, yoga, and

mindfulness (meditation) practice.

Most of the raft trips we offer are on the Upper

Colorado River and last approximately six hours. Relax and enjoy the view!

Day trips are free. Survivor retreats cost \$75. Scholarships are available for anyone who needs them. ~ Dan Miller

"I've never been much for groups, but the LBL group is different and I am different because of them. It gives me hope, inspiration, courage, and makes me feel like I finally belong somewhere."

CCWC Office Bulletin

Lauren Binder, DPT, and **Ed Foresman, DPT**, at our CCWC Denver office will make presentations at the American Academy of Orthopaedic Manual Physical Therapists conference in Anaheim, Calif. this October. They will report on outcomes in patients with chronic shoulder pain who have had dramatic functional improvements in four visits from a combination of manual therapies, including **trigger-point dry needling**.

Ed Foresman, DPT, is now a board-certified orthopedic specialist. Congratulations, Ed!

Amie Nangle, DPT, at our CCWC Stapleton office, now specializes in both women's and men's health. She received her training from the Herman & Wallace Pelvic Rehabilitation Institute.

Jennifer Palmer, DPT, has moved on from CCWC to pursue her interest in research and fulfill her goal to teach. She will be an instructor for CU's physical therapy program. We are delighted for her and the new path she has chosen.

Stephanie Paoella, CMT, has joined the CCWC Denver office as a massage therapist. She is working hard to fill her practice and offers specialized treatment in lymphatic drainage and cranial-sacral therapy.

*Enjoy the
Benefits*

\$15^{OFF}

Save \$20 on a one-hour massage, Pilates mat package, personal training package or gift certificate. Call **303.333.3493** or stop in today!

Offer Expires: September 30, 2011

Recommended Recipe

Smoked Serrano Hummus

YUM! This is Savory's latest creation and we're sharing the recipe with you. Enjoy!

Yields: 2 cups

Ingredients:

2 smoked Serrano chiles, stems removed
1 15oz can garbanzo beans, drained
2 large garlic cloves
1 1/2 tbsp. tahini
1 1/4 cup water
2 tbsp. olive oil
2 tbsp. white wine vinegar
1 tbsp. lemon juice
1 tbsp. Kosher salt
1 tbsp. Hungarian paprika
1 tbsp. sugar
1/2 tsp. dried spearmint
1 tsp. ground cumin

Directions:

In a small sauce pan, over medium heat, dry toast the chiles and garlic, turning and stirring until aromatic, 2-3 minutes. Add water, vinegar, sugar and salt and stir to dissolve. Simmer for 12-15 minutes until water is reduced by half, stirring occasionally. Strain chiles and garlic from the liquid and allow it to cool to room temperature.

In a food processor, place the remaining ingredients, including the chiles and garlic, with a 1/2 cup cooled chile infused liquid and blend until smooth. Season with additional salt to taste. Place in a covered container and refrigerate for 30 minutes to allow flavors to meld.

Serving Suggestions:

As a dip for pita bread, olives or veggies or a spread for a falafel sandwich.

Thanks to: **Savory Spice Shop**

Denver ~ Littleton ~ Boulder ~ Lowry Center, Denver
www.savoryspiceshop.com

C H E R R Y C R E E K W E L L N E S S C E N T E R

Wheat Ridge

7821 W. 38th Ave., Ste. 101
Wheat Ridge, CO 80033

Denver

425 S. Cherry St., Ste. 640
Denver, CO 80246

Stapleton

3401 Quebec St., Ste. 3100
Denver, CO 80207

Lone Tree

9777 S. Yosemite St., Ste. 130
Lone Tree, CO 80124

Lakewood

605 Parfet St., Ste. 104
Lakewood, CO 80215

Phone: 303-333-3493

www.cherrycreekwellnesscenter.com