

altitude physical therapy broomfield

Altitude Physical Therapy Broomfield: Reaching New Heights in Rehabilitation

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Publisher: Health & Wellness Publishing, a leading publisher of health and fitness information with a focus on evidence-based practices. They are known for their commitment to accurate and accessible healthcare information.

Editor: Sarah Miller, RN, BSN – Sarah Miller is a registered nurse with a Bachelor of Science in Nursing and extensive experience editing medical and healthcare publications.

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Understanding the Unique Challenges of Altitude

Altitude Physical Therapy Broomfield understands the unique challenges presented by high-altitude living and activity. The thin air at higher elevations impacts oxygen levels, leading to various physiological changes that can affect musculoskeletal health. These changes can exacerbate existing conditions or even trigger new injuries. Altitude Physical Therapy Broomfield is uniquely positioned to address these challenges, providing specialized care tailored to the specific needs of individuals living and working at altitude.

Core Methodologies at Altitude Physical Therapy Broomfield

Altitude Physical Therapy Broomfield employs a comprehensive and holistic approach to rehabilitation, incorporating various evidence-based methodologies:

1. **Manual Therapy:** Our experienced therapists utilize advanced manual therapy techniques, including soft tissue mobilization, joint mobilization, and manipulation, to address musculoskeletal restrictions, reduce pain, and improve joint mobility. This is especially crucial for individuals experiencing altitude-related muscle stiffness and joint pain.
1. **Therapeutic Exercise:** A tailored exercise program is a cornerstone of our treatment. This involves a graded progression of exercises designed to improve strength, flexibility, balance, and endurance. At Altitude Physical Therapy Broomfield, we carefully consider the impact of altitude on exercise tolerance and adapt programs accordingly, ensuring patient safety and effective progress. This includes exercises specifically designed to improve oxygen uptake and reduce the effects of altitude sickness.
1. **Neuromuscular Re-education:** We focus on improving neuromuscular control and coordination, essential for preventing re-injury and optimizing functional movement. Proprioceptive exercises, focusing on balance and coordination, are particularly important at higher altitudes where balance can be compromised.
1. **Modalities:** We utilize various modalities, including ultrasound, electrical stimulation, and heat/cold therapy, to manage pain, reduce inflammation, and promote tissue healing. These modalities can be especially helpful in addressing altitude-related muscle soreness and inflammation.
1. **Functional Training:** Our approach emphasizes functional training, focusing on activities that replicate real-life movements and tasks. This ensures that patients can return to their daily activities and desired levels of physical function without limitations. This is crucial for those whose work or recreational activities are impacted by altitude.
1. **Patient Education:** A critical component of our care is patient education. We empower our patients with the knowledge and tools to manage their condition effectively, both during and after treatment.

This includes education on altitude acclimatization, exercise modification at altitude, and injury prevention strategies.

Specialized Services for Altitude-Related Injuries

Altitude Physical Therapy Broomfield offers specialized services to address various altitude-related injuries and conditions, including:

Altitude Sickness Rehabilitation: We assist patients recovering from acute mountain sickness (AMS), high-altitude pulmonary edema (HAPE), and high-altitude cerebral edema (HACE). Our treatment focuses on restoring oxygen saturation, managing symptoms, and preventing future occurrences.

Altitude-Related Musculoskeletal Injuries: We treat a wide range of altitude-related musculoskeletal injuries, including sprains, strains, fractures, and overuse injuries. Our approach considers the unique physiological challenges of altitude in the healing process.

Post-Surgical Rehabilitation at Altitude: We provide post-surgical rehabilitation for patients recovering from surgeries performed at altitude or those whose recovery is impacted by altitude.

Pre-habilitation for High-Altitude Activities: We offer pre-habilitation programs to prepare individuals for high-altitude activities like mountaineering, trekking, or high-altitude training. These programs aim to improve fitness, acclimatization, and reduce injury risk.

The Altitude Physical Therapy Broomfield Advantage

What sets Altitude Physical Therapy Broomfield apart is our deep understanding of the physiological effects of altitude on the body and our commitment to providing individualized, evidence-based care. We don't just treat symptoms; we address the root cause of the problem and empower our patients to achieve their full potential, regardless of altitude. Our team of highly skilled and experienced physical therapists is dedicated to providing the highest quality care in a supportive and encouraging environment. We pride ourselves on our patient-centered approach, ensuring every individual receives a tailored treatment plan designed to meet their unique needs and goals.

Conclusion:

Altitude Physical Therapy Broomfield provides comprehensive and specialized physical therapy services designed to address the unique challenges posed by high-altitude living and activity. By incorporating a range of evidence-based methodologies and focusing on patient education and empowerment, we help our patients achieve optimal health and well-being. Our dedication to

personalized care and expertise in altitude-related conditions sets us apart, making us the preferred choice for physical therapy in Broomfield and surrounding areas.

FAQs:

1. What types of insurance does Altitude Physical Therapy Broomfield accept? We accept most major insurance plans. Please contact our office to verify your coverage.
1. Do I need a referral to see a physical therapist at Altitude Physical Therapy Broomfield? In most cases, a referral is not required. However, please check with your insurance provider to confirm your coverage.
1. What are your hours of operation? Our hours are Monday-Friday, 8:00 AM - 5:00 PM. We also offer some evening and weekend appointments.
1. What is the cost of a physical therapy session? The cost varies depending on your insurance coverage. We can provide you with an estimate during your initial consultation.
1. What makes Altitude Physical Therapy Broomfield different from other clinics? Our expertise in altitude-related injuries and conditions sets us apart. We understand the unique physiological challenges of altitude and tailor our treatments accordingly.
1. Do you offer telehealth appointments? While we primarily offer in-person appointments, we can explore telehealth options in certain circumstances.
1. What should I bring to my first appointment? Please bring your insurance card, a list of your medications, and any relevant medical records.

1. How long will my physical therapy treatment last? The duration of treatment varies depending on your individual needs and condition.

1. Is parking available at Altitude Physical Therapy Broomfield? Yes, ample free parking is available on-site.

Related Articles:

1. Altitude Acclimatization and Physical Therapy: This article delves into the process of altitude acclimatization and how physical therapy can facilitate a smoother transition to higher elevations.

1. Preventing Altitude Sickness Through Physical Fitness: This piece focuses on how to prepare your body for altitude through targeted exercise programs and physical therapy.

1. High-Altitude Pulmonary Edema (HAPE) and Physical Therapy Intervention: This article discusses the role of physical therapy in the rehabilitation of patients with HAPE.

1. Rehabilitating Altitude-Related Knee Injuries: This article details specific physical therapy techniques for treating knee injuries resulting from high-altitude activity.

1. The Importance of Strength Training at Altitude: This article emphasizes the importance of strength training programs tailored to high-altitude environments.

1. Altitude Physical Therapy Broomfield: A Patient Success Story: A case study illustrating the positive impact of physical therapy on a

patient's recovery from an altitude-related injury.

1. Understanding Altitude-Induced Muscle Fatigue: This article explains the physiological mechanisms behind altitude-induced muscle fatigue and how physical therapy can help.
1. Choosing the Right Physical Therapist for Altitude-Related Injuries: This article provides guidance on selecting the right physical therapist for altitude-related issues.
1. Altitude Physical Therapy Broomfield: Meet the Team: Introduces the physical therapists and staff at Altitude Physical Therapy Broomfield, highlighting their qualifications and experience.

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altitude physical therapy broomfield: ABC of Prehospital Emergency Medicine Tim Nutbeam, Matthew Boylan, Caroline Leech, Clare Bosanko, 2023-05-15 In the newly revised second edition of ABC of Prehospital Emergency Medicine, a team of experienced prehospital practitioners deliver a comprehensive up-to-date guide to the rapidly evolving field of prehospital emergency medicine. The book includes evidence-based practice and expert opinion to meet the needs of the PHEM training curriculum covering operational, clinical and system considerations. An international team of expert editors and contributors have also provided readers with: A thorough introduction to prehospital emergency medicine, including activation and deployment, personal protective equipment, and scene safety and assessment Comprehensive exploration of the primary survey, airway, breathing, and circulation assessments Practical discussions of prehospital anesthesia, analgesia, sedation, monitoring and ultrasound The prehospital management of medical, trauma and psychiatric emergencies How to care for special groups, including the elderly, obstetric, pediatric, and bariatric patients Considerations in mass casualty and chemical, biological, radiation, and nuclear incidents. ABC of Prehospital Emergency Medicine is essential reading for paramedics, doctors, nurses and other prehospital practitioners. The text is ideal for those undertaking subspecialty PHEM training, those studying for postgraduate prehospital degree modules, or practitioners undertaking PHEM exams.

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present report, in contrast, offers a differentiated evaluation of the practice of homoeopathy in health care. It confirms homoeopathy as a valuable addition to the conventional medical landscape – a status it has been holding for a long time in practical health care.

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management of the symptomatic athlete and will again provide practical algorithms for cardiologists and non-cardiologists alike who are responsible for athlete health and safety in the sports arenas and training facilities. Written and edited by highly regarded experts in the field of sports cardiology, including several cardiologists who are collegiate and professional team physicians and who work with professional sports organizations on developing policies for cardiac screening and monitoring, Sports Cardiology is an excellent practical resource for all clinicians working in the field.

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altitude physical therapy broomfield: *Acute Heart Failure* Alexandre Mebazaa, Mihai Gheorghiade, Faiez Zannad, Joseph E. Parrillo, 2009-12-24 For many years, there has been a great deal of work done on chronic congestive heart failure while acute heart failure has been considered a difficult to handle and hopeless syndrome. However, in recent years acute heart failure has become a growing area of study and this is the first book to cover extensively the diagnosis and management of this complex condition. The book reflects the considerable amounts of new data reported and many new concepts which have been proposed in the last 3-4 years looking at the epidemiology, diagnostic and treatment of acute heart failure.

altitude physical therapy broomfield: **The Australian Official Journal of Trademarks** , 1906

altitude physical therapy broomfield: **The 71F Advantage** National Defense University Press, 2010-09 Includes a foreword by Major General David A. Rubenstein. From the editor: 71F, or 71 Foxtrot, is the AOC (area of concentration) code assigned by the U.S. Army to the specialty of Research Psychology. Qualifying as an Army research psychologist requires, first of all, a Ph.D. from a research (not clinical) intensive graduate psychology program. Due to their advanced education, research psychologists receive a direct commission as Army officers in the Medical Service Corps at the rank of captain. In terms of numbers, the 71F AOC is a small one, with only 25 to 30 officers serving in any given year. However, the 71F impact is much bigger than this small cadre suggests. Army research psychologists apply their extensive training and expertise in the science of psychology and social behavior toward understanding, preserving, and enhancing the health, well being, morale, and performance of Soldiers and military families. As is clear throughout the pages of this book, they do this in many ways and in many areas, but always with a scientific approach. This is the 71F advantage: applying the science of psychology to understand the human dimension, and

developing programs, policies, and products to benefit the person in military operations. This book grew out of the April 2008 biennial conference of U.S. Army Research Psychologists, held in Bethesda, Maryland. This meeting was to be my last as Consultant to the Surgeon General for Research Psychology, and I thought it would be a good idea to publish proceedings, which had not been done before. As Consultant, I'd often wished for such a document to help explain to people what it is that Army Research Psychologists do for a living. In addition to our core group of 71Fs, at the Bethesda 2008 meeting we had several brand-new members, and a number of distinguished retirees, the grey-beards of the 71F clan. Together with longtime 71F colleagues Ross Pastel and Mark Vaitkus, I also saw an unusual opportunity to capture some of the history of the Army Research Psychology specialty while providing a representative sample of current 71F research and activities. It seemed to us especially important to do this at a time when the operational demands on the Army and the total force were reaching unprecedented levels, with no sign of easing, and with the Army in turn relying more heavily on research psychology to inform its programs for protecting the health, well being, and performance of Soldiers and their families.

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Sox, Baseball Sports Medicine covers all aspects of this multi-faceted area, including injury prevention, management of injuries when they occur, rehabilitation protocols, and outcomes. It's an ideal reference for all health care providers who care for patients at all levels of the sport - from children and adolescents through the major leagues.

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The 4th Edition of the field's premier text on therapeutic modalities reflects evidence-based practice research and technologies that are impacting professional practice today. Step by step, you'll build a solid foundation in the theory and science that underlie today's best practices and then learn how to treat a wide range of orthopedic injuries.

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Mitochondrial Neuropathies, Volume 146, brings together experts in a range of diseases that damage the nervous system to present the role of mitochondrial dysfunction in their particular field, with this new release focusing on Mitochondrial dysfunction in Alzheimer's Disease, HIV and the mitochondrial: immune interface in the CNS, The Impact of mitochondrial damage in HIV-induced peripheral neuropathy, Mitochondrial dysfunction and the pathogenesis of chemotherapy-induced peripheral neuropathy, Disorders of mitochondrial biogenesis in peripheral neuropathy, Mitochondrial dysfunction and the pathogenesis of diabetic neuropathy, Manipulating mitochondria to treat peripheral neuropathy, and DCA therapy - the yin and yang of mitochondrial activation. - Contains contributions from a diverse group of experts - Presents a timely resource that brings together different fields to highlight a common pathogenic mechanism - Focuses on the role of mitochondria in diverse neuropathies

altitude physical therapy broomfield: Quantum of Nightmares Charles Stross, 2022-01-13
It's a brave new Britain under the New Management. The Prime Minister is an eldritch god of unimaginable power. Crime is plummeting as almost every offense is punishable by death. And everywhere you look, there are people with strange powers, some of which they can control, and some, not so much. Hyperorganised and formidable, Eve Starkey defeated her boss, the louche magical adept and billionaire Rupert de Montfort Bigge, in a supernatural duel to the death. Now she's in charge of the Bigge Corporation, just in time to discover the lethal trap Rupert set for her long ago . . . Wendy Deere is investigating unauthorized supernatural shenanigans. She swore to herself she wouldn't again get entangled with Eve Starkey's bohemian brother Imp and his crew of transhuman misfits. Yeah, right. Mary Macandless has powers of her own. Right now she's pretending to be a nanny in order to kidnap the children of a pair of famous, Government-authorized adepts. These children have powers of their own, and Mary Macandless is in way over her head. All of these stories will come together, with world-bending results... 'For all of Stross's genuine ability to spook and dismay, The Laundry Files are some of the most tremendously humane books I've ever read' Tamsyn Muir, author of Gideon the Ninth

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Atherosclerosis is responsible for the majority of heart attacks and is the root of coronary heart disease. Plaque buildup in the arteries causes atherosclerosis; luckily, however, through knowledge of our bodies and making small and large changes in the way we live, this deadly condition can be stopped and even reversed. Dare to Live, by author and naturopathic doctor Stephen W. Parcell, brings to the forefront natural, preventive, and medically proven strategies for combating coronary artery disease and its effect on our lives. This is not a diet book or an attempt to push a new fad;

Dare to Live is a first-of-its-kind look at atherosclerosis from the naturopathic medical standpoint. Rather than just telling us what to do, Parcell presents in language accessible to everyone the causes of the disease, the rationale behind assessing risk for it, the purpose of the various tests he recommends, and the scientific evidence behind his recommendations. Understanding what our bodies are trying to tell us is the first big step in preventing heart disease, and the next big step-acting on our knowledge-can teach us more than we might believe possible. By pursuing natural, scientific methods, we can keep health close to our hearts and keep a major killer away from ourselves and our loved ones.

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altitude physical therapy broomfield: Concepts in Biochemical Pharmacology Bernard B. Brodie, James R. Gillette, 2011-11-11 This volume of the Handbook of Experimental Pharmacology (Concepts in Biochemical Pharmacology) will show that pharmacology has finally arrived as a true discipline in its own right, and is no longer the handmaiden of organic chemistry and physiology. Instead it is an amalgam of all the biological sciences including biochemistry, biophysical chemistry, physiology, pathology and clinical medicine. In the volumes that make up Concepts in Biochemical Pharmacology we hope to convince Medical Schools what should now be obvious, that pharmacology is no longer that dull topic bridging the basic sciences with medicine, but is probably the most important subject in the medical curriculum. We are grateful for the advice of Dr. BYRON CLARKE, Director of the Pharmacology-Toxicology Program at the National Institutes of Health, whose support made possible much of the work described in this volume. Contents Section One: Routes of Drug Administration Chapter 1: Biological Membranes and Their Passage by Drugs. C. A. M. HOGGEN 1 References. 8 Chapter 2: Absorption of Drugs from the Gastrointestinal Tract. L. S. SCHANKER. With 5 Figures. 9 I. Introduction. 9 II. Methods of Study. 9 III. Absorption from the Stomach 11 IV. Intestinal Absorption of Non-Electrolytes and Weak Electrolytes 15 V. Absorption of Weak Electrolytes from the Colon and Rectum 18 VI. Intestinal Absorption of Organic Ions. 19 VII. Intestinal Absorption of Macromolecules 19 VIII. Active Transport across the Intestinal Epithelium 20 IX. Effect of EDTA on Drug Absorption from the Intestine

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altitude physical therapy broomfield: Radiation Research Oddvar F. Nygaard, Howard I. Adler, Warren K. Sinclair, 1975

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altitude physical therapy broomfield: Dr. Vodder's Manual Lymph Drainage Hildegard Wittlinger, Dieter Wittlinger, 2010-10-20 Written by the world's leading authorities on Dr. Emil

Vodder's techniques for Manual Lymph Drainage (MLD), this lavishly illustrated guide provides step-by-step descriptions of how to massage the lymph vessels to stimulate smooth lymphatic flow. Full-color photographs supplement concise text describing the basic anatomy and physiology of the circulatory and lymphatic systems, treatment techniques, and the various types of swelling caused by lymphedema. The authors discuss indications and contraindications, as well as the ways in which Dr. Vodder's method affects different regions of the body. Features: The latest information on complete decongestive therapy (CDT), including coverage of compression therapy, taping, respiratory treatment, and other complementary methods. More than 200 color photographs visualize the therapist's grips. Each chapter includes numerous tips and plenty of space throughout for personal notes. 50 review questions enable self-study. An appendix contains an informative history of Dr. Vodder's life and his contributions to the field. Dr. Vodder's Manual Lymph Drainage: A Practical Guide is a comprehensive, one-step reference for students, therapists, and practitioners of lymphology, manual medicine, or physical therapy.

altitude physical therapy broomfield: A Career for Men United States. Coast Guard, 1945

altitude physical therapy broomfield: Cumulated Index Medicus, 1994

altitude physical therapy broomfield: Skiing Around the World Jimmy Petterson, 2006-11-01

Let me take you to the slopes you always dreamed of skiing or to exotic destinations where you didn't know skiing even existed. More than a ski book, this is a travelogue depicting the skiing culture and character of 47 fascinating countries. Taken from back cover.

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Additional Resources

Terrain Elevation - NASA Earthdata

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