



PHYSICAL THERAPY NEWS

"The Greatest Compliment We Can Receive Is You Referring Your Family and Friends To Us"

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Locations

PARKER
 CACC Physical Therapy
 10345 PARK GLENN WAY
 SUITE 220
 PARKER, CO 80138
303.840.9202

MERIDIAN
 CACC Physical Therapy
 11960 LIONESS WAY
 SUITE 280
 PARKER, CO 80134
303.790.7877

AURORA
 CACC Physical Therapy
 3451 S. CHAMBERS ROAD
 AURORA, CO 80014
303.680.6121

What Is Direct Access?

With Direct Access, you can come directly to your Physical Therapist without a referral and receive an Evaluation and Treatment for any Muscular/Skeletal injury. They can help you regain flexibility, joint range of motion, strength, endurance and balance after an injury, accident, illness or surgery.



Your "Professional" Physical Therapist can treat that acute or chronic shoulder, elbow, wrist, hand, neck, back, hip, knee, ankle, or foot injury right now! Under Direct Access, we have the authorization to treat you directly but, we must refer you to another qualified professional when your condition is beyond our scope of practice...

Upon completion of your Physical Therapy Evaluation, we will determine your treatment plan. If further diagnostic tools (e.g., x-ray, MRI, etc.) are needed to ensure proper care, your physical therapist will work closely with your physician or medical professional and communicate with them during your treatment.

We can also help you minimize the risk of injury by designing an exercise program for you, and we can help you manage a chronic health condition like diabetes, arthritis or fibromyalgia.

APTA 2013

DENVER

CACC Physical Therapy
8101 E. LOWRY BLVD.
SUITE 220
DENVER, CO 80230
303.341.0369

ALISA

Does Foam Rolling Work?

"Foam rolling is great and has many benefits," said Duane C. Button, an assistant professor of exercise science at Memorial University of Newfoundland in Canada.

This tool is very effective at improving range of motion during an exercise warm-up, Dr. Button said.

In experiments volunteers who rolled back and forth with one of the devices under their leg muscles from five seconds to one minute showed a significant increase in those muscles' range of motion immediately afterward.¹

More surprising, unlike stretching, which blunts muscles' ability to generate force, foam rolling did not affect volunteers' subsequent ability to jump or exert themselves otherwise.



Undulating over foam can be beneficial after exercise also, Dr. Button said. Additional experiments at his lab found that even after a "devastating workout" consisting of multiple sets of squats, volunteers who used a foam roller on their leg muscles were far less sore and better able to leap and perform other physical tasks 72 hours later than volunteers who didn't use the device.

But foam rollers are not for weenies. "You're pressing as much as half of your body weight" onto muscles while rolling, Dr. Button said, which can be uncomfortable.

If the discomfort is too much, "consider a different density foam roll; your CACC Physical Therapist can recommend the perfect one," says Mark Navilliat, PT.

In the clinic you can hear happy "ahhh's" as people roll, it's the sound of getting better.

Pick your foam roll today from any of our 4 convenient clinics.

1. <http://www.ncbi.nlm.nih.gov/pubmed/22580977>

**Colorado is now a direct access state.
This means you can visit your family physical
therapist anytime without a referral.**

What Patients are Saying

**Paula D.- Greg
and Cari too.**

I've been coming here for 6 months now since I had my lower back fused. It's been a long road, but I've come a long way, thanks to you and all the caring people at CACC.

I've been to several physical therapy clinics, but none compare. My husband and daughter have also been treated here, and they feel the same way. What sets CACC apart is the experience level of the staff. They really know what they're doing, and we know we're in good hands. And the view doesn't hurt (smile) - you have a great location! We recommend CACC to anyone without hesitation. And you know we will be back!
Sincere thanks,

Thanks CACC



FREE 20 MINUTE CONSULTATION

When You Get Checked Faster, You Get Better Quicker!

If you know of someone that has an ache or pain, we are here to help! We offer recommendations on treatments and exercises. If the condition is more serious, we help guide you to the appropriate leading experts.

"The Greatest Compliment We Can Receive Is You Referring Your Family and Friends To Us"

lease call and schedule a free appointment at any of our locations.

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