



Colorado Spine Therapy, LLC

Colorado Spine Therapy Newsletter

Dear patient,

Welcome to our second, 2014 newsletter! We hope you will find it helpful and informative!

What is new?

- We welcome our **newest** team member, **Dr. Alan Mazur!** Alan received his **Bachelor's degree in Athletic Training** in 2004 from the Marietta College in Ohio. Realizing this degree was helpful but not enough to pursue his goal of becoming "the best he could be", Alan earned his **Doctorate in Physical Therapy** from the University of Pittsburgh in 2007. Currently Alan is working towards a **full Level III Certification in Manual Therapy** with the North American Institute of Orthopedic Manual Therapy.
- Our team member **Dr. Kristy Yarbrough, PT** will **volunteer in Haiti** in October! She will join a team offering orthopedic care to those who need it most. Want to support her?
Just go to: <http://www.gofundme.com/d6e2ow>
- We now have a "**Web store**". Just go to our website (**Coloradospinetherapy.com**) and order any rehab tool you need!
- Do you need a thorough introduction to our clinic? Just Google "**Colorado Spine Therapy, YouTube**" ☺
- Our next **Mindfulness Based Stress Reduction Class** ("Meditation") will be offered starting September 11 , 2014 by Paul Deger, MA, LPC, PT

Did you know that:

Sitting with a poor posture causes a load/eight of approximately 600 pounds on the most sensitive/important structures of your low back! Take home message? Sit with a good posture, use a back support and definitely use a good chair!

Why choose us?

We are the **only privately owned physical therapy clinic** in the Denver Metro Area **specializing** in non-surgical care of **neck and back pain!**

Choose us and Experience the Difference!

Our Services

One-on-one treatment only
45 minutes per session
Orthopedic Physical Therapy
Manual Therapy
McKenzie Therapy
Dry Needling
Manual Therapy Tune Ups
Educational Classes

WHAT DO WE TREAT?

Herniated discs
Spinal stenosis
Facet arthritis
Radiculopathy
Myelopathy
Spondylolysis
Spondylosis
Degenerative disc disease
Sacroiliac pain
Headaches
TMJ pain and dysfunction
Whiplash Associated Disorders

Our Clinic

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Kristy Yarbrough, DPT, MBA
Alan Mazur, PT, DPT, Man. Therapist, ATC
Jeremy Wehking, PT, MS, OCS, Cert. Man. Therapist, FAAOMPT
Stefan van Duursen, PT, MS, Cert.MDT, Cert. Man. Therapist, FAAOMPT

Deb Lutsk, Admin. Assistant