



## ***Our Mission***

“To provide outstanding, progressive care in a nurturing environment that prioritizes individual treatment, with accountability to standard of care; where rehabilitation, fitness, performance and an overall healthy lifestyle contributes to best serving our patients and the community.”

## ***Ask the Physical Therapist:***

Is there a question that you would like to ask a Physical Therapist?

Here is your chance for an answer. Send your questions to [ppt@frii.com](mailto:ppt@frii.com), and your question will be answered and possibly printed in the next newsletter.

*Going Green! Please email us if you would like to receive this newsletter via email. Contact: [ppt@frii.com](mailto:ppt@frii.com)*

Performance Physical Therapy (970) 493-8727 [www.performance-physicaltherapy.com](http://www.performance-physicaltherapy.com)

## **PPT Welcomes Chara Renshaw , MPT**

My name is Chara Renshaw and I came to Performance Physical Therapy in November. I moved to Fort Collins from Oklahoma City in October with my husband and two fun-loving dogs. Although I have worked in a vast variety of settings, my all time favorite is out-patient physical therapy, where I can treat my patients with hands-on manual therapy. I am grateful for the time to give care that is both hands-on and uniquely tailored to the patient. Also, I am enjoying settling into the Colorado outdoor lifestyle and exploring all the options available for outdoor fun.

## **KETTLEBELL TRAINING**

By: Ricardo A. Nieves, M.D. CSCS, RKC Level II

What is a 'kettlebell'?

A 'kettlebell' or girya (Russ.) is a traditional Russian cast iron weight that looks like a cannonball with a handle. It is the ultimate tool for all-round fitness.



Why train with kettlebells?

Because they deliver all-round fitness and reinforce correct movement patterns necessary for sports and overall day to day activities. No other tool does it better.

Kettlebells workout involves multiple muscle groups and exercises that will work endurance, strength, power, aerobic and anaerobic exercises which make it a perfect tool to lose weight, gain muscle while improving your overall posture, flexibility and stability.

Kettlebells melt fat without the dishonor of dieting or aerobics. If you are overweight, you will lean out. If you are skinny, you will build up. The Russian kettlebell is a powerful tool for fixing your body comp, whichever way it needs fixing.

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## KETTLEBELL TRAINING

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Kettlebells training does not require extensive hours at the gym or use of complex equipment. This makes it a more practical tool for today’s busy lifestyle with time constraints. Kettlebell training is highly addictive since it is a more functional workout and you will notice the benefits of training with them in the way you move and carry yourself with more ease.

 Who trains with kettlebells?

Everybody can train with Kettlebells under supervision of a Certified Russian Kettlebell Instructor.

In Russia, the Olympic Athletes and Military Forces have been training with Kettlebells for centuries. In United States it has recently become more popular with organizations like Dragon Door and Kettlebell Ambassador Pavel Tsatsouline, responsible for training and certifying hundreds of Russian Kettlebells Certified Instructors (RKC) across the Nation. This facilitates the dissemination of this amazing system to people of all ages and fitness backgrounds.

 How do I learn to use the kettlebell?

Fort Collins Judo, Kettlebells and Functional Training, LLC will be providing Kettlebells training through group classes and private classes at the new location (1437 Riverside Avenue, Fort Collins, Colorado).

For more information and to start training call 970-689-1077

## Pets Forever: Supporting the life-long bond



Program Description:

*Pets Forever* is a new non-profit Colorado State University affiliated program designed to help low-income elderly, ill or disabled Larimer County residents maintain ownership of their pets for as long as possible by providing needed help and resources.

Program Details:

*Pets Forever* is a program designed to afford vulnerable community members of Fort Collins and surrounding areas the means with which to help keep their pets at home as long as possible. The program will fill a void in the community and in the process, better the lives of elderly, ill or disabled – thereby adding to the overall quality of the community.

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## Pets Forever: Supporting the life-long bond

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*Pets Forever* is the collaborative effort of several departments (Clinical Sciences, Social Work, Human Development and Family Studies, Psychology, and Occupational Therapy) and entities (The James L. Voss Veterinary Teaching Hospital, and The Center on Aging) within Colorado State University. The director, Dr. Lori Kogan, is a licensed psychologist and an associate professor in the Clinical Sciences Department. She developed the Crosstrails Animal Foster program, a community program in its 10<sup>th</sup> year that provides foster care for animals belonging to women who stay at Crossroads Safehouse (the shelter serving battered women and children in Larimer County). The Assistant Director is Dr. Laurie Fonken, a licensed counselor in the Clinical Sciences department at CSU. Dr. Fonken has years of experience working with disabled, elderly, and ill people in Larimer County.

Dr. Kogan is working with department heads and faculty members in several departments to create opportunities for undergraduate and graduate students to work with *Pets Forever*, gain valuable experience, and simultaneously, earn college credit; thereby enhancing their resumes and/or graduate school applications.

*Pets Forever's* primary focus is to provide direct services for clients in senior living environments and private homes including:

- In-home animal care; dog walking, litter box cleaning, etc.
- Transportation of animals to/from vet or groomer
- Home delivery of pet food and supplies
- Temporary foster care

Additionally, *Pets Forever* offers limited financial support for veterinary care (including spay/neuter procedures) and animal supplies. Temporary foster care for pet owners needing hospitalization or rehabilitation may also be provided. In the future, *Pets Forever* plans to offer permanent re-homing of pets belonging to clients who can no longer care for them.

Eligible pet owners are:

- Over 60 or disabled
- Larimer County resident
- Low income, Medicare or Medicaid

For more information contact:

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(970) 491-7984 [Lori.Kogan@colostate.edu](mailto:Lori.Kogan@colostate.edu)  
Dr. Laurie Fonken  
(970) 491- 3919 [Laurie.Fonken@colostate.edu](mailto:Laurie.Fonken@colostate.edu)

*“The program will fill a void in the community and in the process, better the lives of elderly, ill or disabled – thereby adding to the overall quality of the community.”*



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**Physical Therapists**

**Paula Nickel, MSPT**

**Barbara Feller, PT**

**Barb Allan, PT**

**Chara Renshaw, MPT**



**Suggested Websites**

[www.theprrt.com](http://www.theprrt.com)

[www.vestibular.org](http://www.vestibular.org)

[www.muscleactivation.com](http://www.muscleactivation.com)

[www.totalmotionrelease.com](http://www.totalmotionrelease.com)

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View video of MAT and PRRT  
techniques on our website!

**We're on the Web!**

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