



Holiday Giving to Benefit [Urban Peak](#). LoHi's Annual Holiday Drive to Donate Clothing and other Items to Teens.

Click on the link above to find out more about Urban Peak and what you can donate!

Please bring in your gently used items to our clinic and we will get your donation to Urban Peak for you.

Happy Holidays and Happy and Healthy New Year!

From all of us at LoHi

We are open through the holiday season. Call or email to schedule an appointment.

303.458.9660, info@LoHiPT.com

LoHi Physical Therapy and Hand / Upper Extremity Occupational Therapy Services

Newsletter Article from Physical Therapist and Avid Runner, Katherine Hauska, DPT, OCS, CMTPT

Benefits of Winter Running:

Running year-round helps maintain your motivation and keeps you in your routine. A cold, winter run helps you feel rejuvenated! According to a growing body of research, [running may benefit your mental health](#); an especially important consideration for those who might struggle with seasonal affective disorders during the colder, darker months. Moreover, winter running helps you prepare for those early season races that often come with inclement weather conditions. Exposing yourself to snow, wind or freezing temps will ensure you are prepared for these less-than-ideal race day conditions!

Wintry conditions also provide a variable terrain that is uneven and unpredictable. As a result, our bodies intuitively adapt to these conditions by shortening our stride length, altering our foot strike and recruiting different muscles to adjust to the conditions beneath us. These strength and proprioceptive benefits are especially valuable for staving off overuse injuries that can wreak havoc on the habitual road runner.

4 Tips to Keep You Safe and Healthy:

Wear layers: Smart layering is absolutely key for staying warm in the cooler temps. A good rule of thumb is to dress for 10°F warmer than the ambient temperature. Be sure to wear light layers that are moisture wicking and provide you with both protection from the cold and the wind. It is important to cover your head to maintain body heat. Gloves and warm socks will also keep you feeling comfortable on those colder days.

Choose your shoes: Be sure to wear microspikes (or a hex screw in the midsole of your shoe will do the trick!) to ensure traction on those slicker runs, <http://www.skyrunner.com/>. All too often, we treat patients for wrist fractures, knee ligament injuries, tailbone injuries, etc. resulting from falls in wintry conditions.

Avoid Dehydration: You may not feel as thirsty when running in cold weather, but hydration is just as important to fuel your runs. When it's cold, we don't have the same psychological and physiological triggers telling us to drink. Our sweat evaporates quickly in cold, dry conditions, and without feeling "hot", we don't feel the urge to drink like we ordinarily do in the heat. Be sure to avoid dehydration by bringing a hand-held water bottle or running vest on any run longer than 45 minutes.

Dynamic Warm-Up: Warming up your body pre-run has many benefits, but is especially important before a chillier run. This increases blood flow to muscles and tendons, which in turn will increase their extensibility and decrease risk of injury. A purposeful warmup will also help to prepare your stabilizing muscles to keep you upright while running on the uneven, often slippery terrain. Consider some of the following warm-up ideas to optimize your cold-weather runs: lunges, windmills, jumping jacks, squats, speed walking, etc., to increase the body's circulation to prepare for the demands of running in cold weather.

***We hope this bit of advice will keep you running healthy and safe this winter! As always, if you have any questions, we are happy to help you! Please feel free to email us at info@lohipt.com or call us at 303-458-9660. Afterall, we are here to keep you moving!*

Take A Moment for a Holiday Puzzler

1. Name the common holiday phrase illustrated in these three pictures:



2. Now identify these three songs from the alternate words used below:



3. Delight for the Planet

3. Name the common Christmas Carol for each picture.

Scroll down for the answers.
Answers:

1. Season's Greetings; Peace on Earth (P s on Earth)
2. Oh Holy Night; Go Tell It On The Mountain; Joy To The World

3. Answersto pictures of carols:

- 1.) Jingle Bells 2.) O Little Town of Bethlehem 3.) What Child is This?

- 4.) O, Holy Night 5.) Away in a Manger 6.) I Saw Mommy Kissing Santa Claus 7.) Oh Christmas Tree
- 8.) O Come All Ye Faithful 9.) Grandma Got Run Over by a Reindeer 10.) Walking in a Winter Wonderland 11.) Silent Night 12.) I'm Dreaming of a White Christmas 13.) Santa Claus is Coming to Town 14.) The 12 Days of Christmas 15.) Rudolph the Red-Nosed Reindeer 16.) Let it Snow, Let

it Snow, Let it Snow 17.) Chestnuts Roasting on an Open Fire 18.) Joy to the World 19.) It Came
Upon a Midnight Clear 20.) The First Noel 21.) We Three Kings 22.) I Saw Three Ships 23.) Deck
the Halls 24.) All I Want for Christmas My Two Front Teeth