

Everything you need to know each month from Optimal Health

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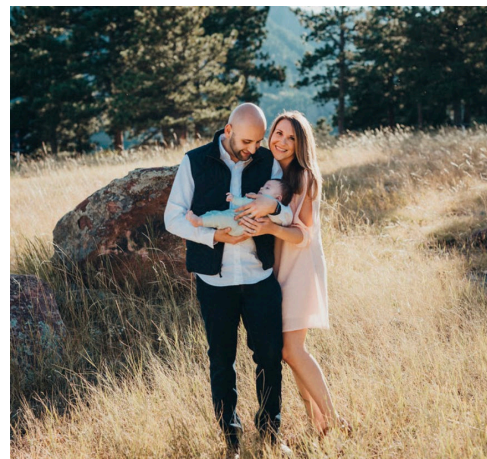
Meet Jessica Stepanian from Continuum Physical Therapy



Anyone who has been in our office in the last few months might have noticed some construction and changes in our space. Now that the dust has settled, if you walk straight through our front door you would meet Jessica Stepanian from Continuum Physical Therapy, the newest addition to our wellness community. This month we're talking about what Jessica's physical therapy services are all about and how all of this relates to chiropractic.

About Jessica Stepanian, PT, DPT, CFPS, CGCP:

Jessica has been practicing physical therapy since 2017 with experience in outpatient settings, older adult communities, skilled nursing facilities, and home health settings. Jessica has a continued focus on evidenced-based treatments, ensuring her skills are based on the latest research, and has received additional certifications including Certified Fall Prevention Specialist (CFPS) and Certified Geriatric Care Provider (CGCP). Jessica believes in a holistic approach to injuries and brings that passion to others, showing them how proper movement patterns and exercise activity can positively impact an individual's health and mobility.



About Continuum Physical Therapy.

Continuum Physical Therapy was made with you in mind. Our focus is always on the patient, therefore treatments are individualized and care is always one-on-one with a Doctor of Physical Therapy. We have experience in treating a variety of conditions ranging from generalized pain, falls, post-surgical, and more! You can always learn more on the website: <https://www.continuumpitco.com/about-us>

Physical Therapy and Chiropractic Treatments

Better outcomes can be achieved when completing physical therapy alongside chiropractic care. Both disciplines strive to reduce pain and help individuals move better, however with different techniques.

Integrating the two allows for improved, longer lasting results, with chiropractors being skilled in alignment & adjustments and physical therapists being experts in strengthening, flexibility, & movement patterns. Physical therapy and chiropractic care offers a comprehensive treatment approach so you can get moving and feeling your best!

How to Schedule

Complete an "[Appointment Request](#)" form on our website and we will contact you within 24 hours to confirm scheduling. You may also schedule appointments by contacting us via phone or email.

Phone: 303-578-8228

Email: info@continuumptco.com

- Dr Chris



Thanksgiving Office Hours



News From OHMT

Thanksgiving Week Office Hours

Just a quick heads up with we will be celebrating the Thanksgiving Holiday and will be closed on Wednesday, November 23rd and Thanksgiving Day, Thursday, November 24th. That's it! Business as usual besides that.

Give us a call or jump online to make sure you have your adjustment all set up before turkey day arrives: optimal-health-chiropractic.booksy.com

Optimal Health Massage Therapy is Now Introducing A New Service With Diane

You have heard the news and we will be talking much more in-depth about this soon, but we just wanted to include a little note about our exciting news this month. Optimal Health Massage Therapy is excited to introduce you to Diane - our newest therapist to join our team. Diane brings a new service to our offerings, Barefoot Massage (also referred to as Ashiatsu).

Barefoot Massage is a full body therapeutic massage treatment, comparable to traditional massage, but practiced with the feet, rather than the hands and arms. By using the feet, the therapist reaches a large surface area in a short time with broad, even pressure, affecting multiple layers of tissue. The results are

dramatic and long lasting and include greater mobility and postural stability - and we are excited to be able to share this with you!

To learn more about Barefoot Massage: <https://www.broomfieldmassagecare.com/barefootmassage>

To schedule your next massage: <https://www.broomfieldmassagecare.com/>

*and just a reminder that Elizabeth is still offering traditional massage therapy services and we are still looking for an additional therapist to join our team!



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